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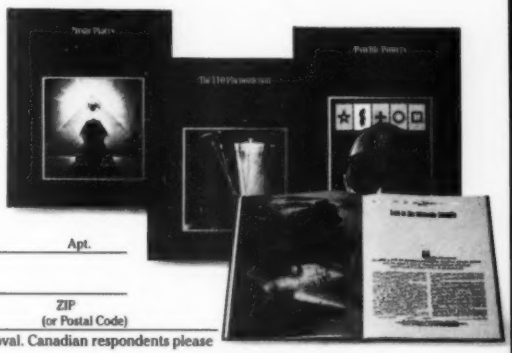

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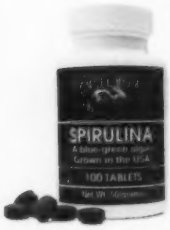

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Letter from the EDITOR

PUTTING TOGETHER OUR annual NEW AGE SOURCEBOOK each November is a great way for us to wrap up the year. It's our opportunity to tell you about the many people, organizations, ideas, books, and tools that we hear about but can't always fit into the regular issues of the magazine. Working on the SOURCEBOOK also invariably leads us to reflection: We're reminded once again about all the creative and courageous people who are daring to believe in life—and who are using their lives today to create a more positive future.

Though this year's SOURCEBOOK is similar in format to last year's—we've retained most of the section headings—each section contains all new information. In fact, we view the 1991 and 1992 SOURCEBOOKS as a kind of matched set, a two-volume reference book. We've added a few new sections this year, covering topics ranging from natural beauty to computers. And this year's SOURCEBOOK also has some new contributors: Ronald Kotzsch, whose blend of experience as an Outward Bound instructor and aficionado of natural foods makes him uniquely qualified to write our Food and Fitness section; Francine Rota, whose experience working with and writing about natural remedies makes her a natural for the Healing section; and Ron Miller, whose research and writing of *As Above, So Below: A Guide to Finding Spiritual Renewal in Everyday Life* (a NEW AGE JOURNAL book to be published in March by Jeremy P. Tarcher) has prepared him to write our Spirituality and Psychology sections.

East meets West: The *New Age Journal* staff. Boston staff, top row: (left to right) Dan Mishkind, Mimi Haley, Leonard Jacobs, David Thorne, Thomas Williams, Josef Kottler, Frances Armstrong. Middle row: Marjorie Markson, Paul Smith, Stanley Barnes, Jonathan Adolph, Mary Lynch. Bottom row: Karen Monti Lindo, Leila Karimizand, Andrea Cohen, Carol Cady, Lynda Segal, Terri Ziegler. Inset: West Coast staffers Peggy Taylor, Jeff Wagenheim, and Blackie.

So what happens with all the information that we squeeze into this annual guide? Throughout the year we hear from readers expressing their appreciation for a good tip, and from organizations describing the response they've received from a SOURCEBOOK mention. But seldom have we heard a tale as serendipitous—or as gratifying—as one recently passed along to us. Early last February, an educational consultant named Jim was reading the SOURCEBOOK during a long flight from Bangkok, Thailand, to his home in Anchorage, Alaska. While perusing the Travel section he found himself particularly drawn to the description of an adventure to be led by Seattle-area poet David Whyte: "Poetry and Passion: Mountain Hikes in the English Lake District." The day after his arrival home, Jim was walking along a downtown street when he came upon a sandwich-board sign in front of a book store named Cyrano's. POETRY READING INSIDE, it read. DAVID WHYTE, POET. In disbelief, Jim walked in for the reading and, immediately afterward, signed up for the trip. He enjoyed it so much that he's already registered for Whyte's next poetic excursion: an August sailing trip to the mythological sites of ancient Greece.

Although there's no guarantee that reading this year's SOURCEBOOK will lead you to an equally synchronous event, we hope it does take you along some new avenues or, perhaps, encourage you to move forward in a direction you're already pursuing. Above all, we hope you enjoy it.

Peggy Taylor

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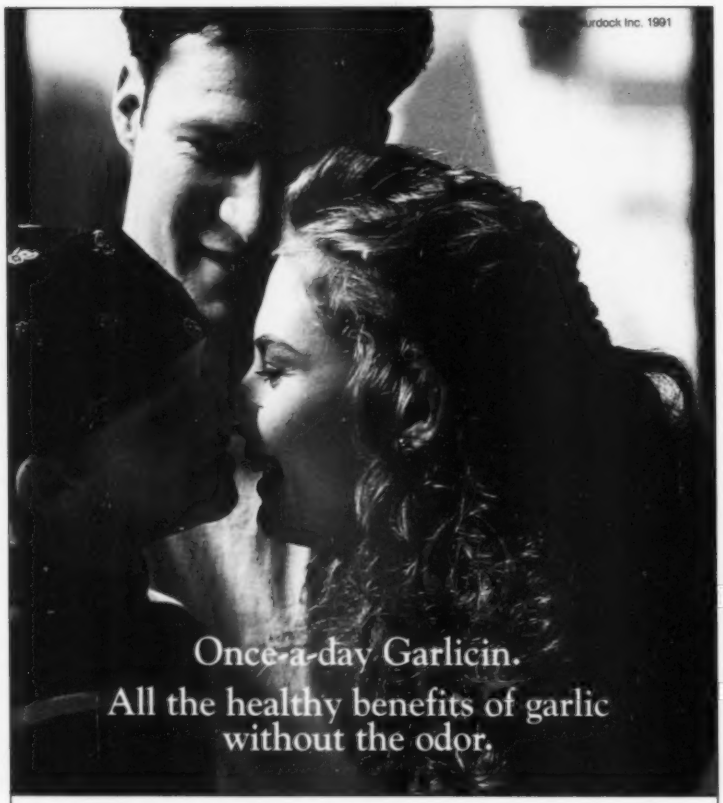

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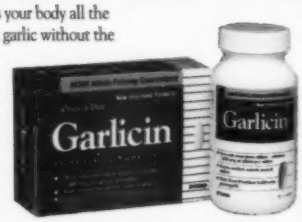

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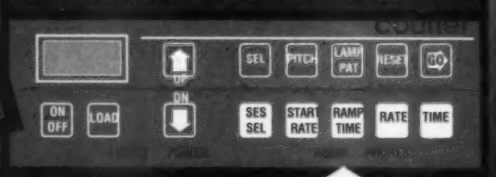

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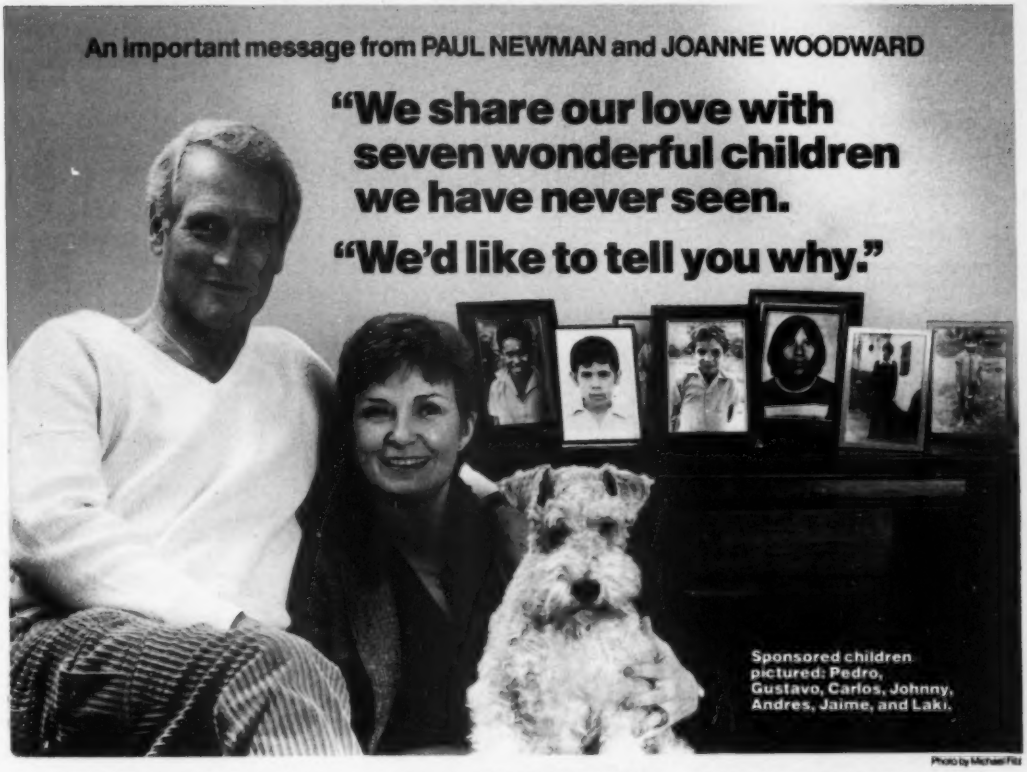

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ART CAMPS FOR ADULTS

What I Made on My Summer Vacation

REMEMBER THOSE CHILDHOOD afternoons at summer camp, hunched over a picnic table in concentration, endlessly fashioning gimp necklaces, weaving macramé plant-holders, painting happy faces in runny primary colors? If you thought all that was behind you, think again. Across the country, a growing number of residential arts and crafts centers are offering programs expressly for adults. Depending on the school you choose, you can either learn specific techniques —from blacksmithing to paper marbling—or simply use art as a means to learn more about yourself. Most organizations welcome all levels of ability. Have fun, and no hogging the potter's wheel!

With the Atlantic Ocean to provide inspiration, the **Haystack Mountain School of Crafts** offers classes from June through early September in glass-blowing, print-making, blacksmithing, metal work, and more. The school's studios are open round-the-clock, in case your muse happens to work the night shift. Grants and work-study options are available. *PO Box 518, Deer Isle ME 04627; (207) 348-2306.*

Located on 470 acres in the mountains of western North Carolina, **The Penland School** was founded in 1923 by schoolteacher Lucy Morgan to foster the cottage industry of weaving among local women. Today, its two-week summer workshops in such media as weaving, wood, drawing, and photography incorporate both tradition and innovation. The school also offers eight-week intensives in the spring and fall. *Penland NC 28765; (704) 765-2359.*

The **Augusta Heritage Center** is open year-round, with a truly impressive range of workshops designed to "help preserve traditional crafts, music, dances, and customs." Its hefty catalogue offers options to match any creative inclination, including workshops in paper marbling, log house construction, quilt design, vocal music, and clogging. The center also offers a week-long workshop in folk arts for kids. *c/o Davis & Elkins College, 100 Sycamore St., Elkins WV 26241-3996; (304) 636-1903.*

Basket Weaving 101: Augusta Heritage Center.

Located three miles down the road from the Great Smoky Mountains National Park, the innovative **Arrowmont School** attracts visual arts students from around the world, who study photography, painting, pottery, and other crafts. Among the school's more intriguing workshops: "The Autobiographical Cup, Saucer, and Utensil Set." Undergraduate and graduate credit is available. *PO Box 567, Gatlinburg TN 37738; (615) 436-5860.*

For those more interested in process than in product, **The Institute for Art and Living**, run by artists Michell Cassou and Stewart Cubley, offers a workshop called "The Painting Experience." The Institute teaches an intuitive, impulsive form of painting, encouraging students—from dabblers to professionals—to "take feelings directly from their guts and

Great Issues for Couch Potatoes

Bring on the popcorn—and your note pad. Thanks to The Teaching Company, now you can get an Ivy League education—or at least part of one—without leaving your living room. The Virginia-based distributor has captured the best professors in the country in high-minded lecture courses on audio and videotape that can be rented or bought outright. Among the scholastic superstars: Mark Roderick of Duke University on *Philosophy and Human Values*; Peter Saccio of Dartmouth College on *The Live Drama and Vital Truth of William Shakespeare*; and Robert Oden, headmaster of Hotchkiss School, on *A Comparison of World Religions*. All the teachers have been judged certifiably brilliant by the most unflinching of critics—their former students. *PO Box 96870, Washington DC 20090-6870; (800) TEACH12.*

DOUG YARROW/COURTESY AUGUSTA HERITAGE CENTER

their hearts and put them on paper." Although it is not really a residential program, ongoing studio classes are offered in a five- and seven-day summer intensive format. *2101 20th Ave., San Francisco CA 94116; (415) 564-8515.*

Finally, for those who like their crafts multicultural, there's **Craft World Tours**—package tours that use native crafts as a starting point toward better understanding a people and culture. Upcoming trips include a visit to the silk-weaving villages of Thailand and the puppet-makers of Nepal. *6776 Warboys Rd., Byron NY 14422; (716) 548-2667.*

PERFORMANCE ART

Transformational Theater

IF ALL THE WORLD IS A STAGE, then shouldn't performance art be a great way to learn more about yourself? That's the premise behind a growing number of "transformational" theater and dance groups, whose goals are to create not a convincing portrayal of *Hamlet* but rather a forum for participants to act out inner feelings or tap into hidden creativity. (In addition to the groups below, many of the holistic education centers listed in the box at right offer similar workshops.)

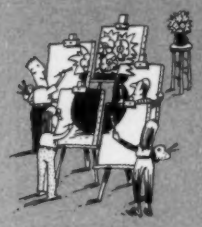
The play's the thing: Members of Action Theatre.

In **Action Theatre**, performance artist Ruth Zaporah leads improvisational workshops across the country that are designed to challenge both body and mind. "When we were children, the line between fantasy and reality hardly existed," says Zaporah. The exercises, movements, and games of the Action Theatre, she says, are designed to again blur that line: "We work on being spontaneous, on breaking through and cracking how we perceive our world." *Zap Performance Projects, 1174 Cragmont Ave., Berkeley CA 94708; (510) 841-9140.*

Omega Theater offers two learning options: The "Free to Create" workshops combine mystical teachings from many traditions with drama, movement, poetry, and drawing, in order to free the muse within; and the "Transformational Theater" workshops integrate body movement, ensemble acting, and improvisation, as well as visualization and meditation for inspiration, to help participants explore transformations occurring in their own lives. The organization also hosts theater laboratories on such themes as personal healing stories and myth. *PO Box 1227, Jamaica Plain MA 02130; (617) 522-8300.*

In workshops at the **Tamalpa Institute,** participants learn to use dance and movement as means of personal growth. According to founder Anna Halprin, "Throughout history, people have continually danced their most profound needs and struggles as a means to reaffirm harmony with natural and spiritual forces." In addition to ongoing workshops, the institute offers programs designed especially for those with cancer or HIV infection, as well as one- and two-year certificate programs in movement therapy. *PO Box 794, Kentfield CA 94914; (415) 461-9479.*

In 1966, Robert Alexander



Exercising Your Whole Brain

Lifelong learning doesn't have to simply mean taking a night class in wine tasting at your local high school. Holistic education centers across the country offer mind-body-and-spirit-expanding workshops on expressive arts, yoga, organic gardening, dreamwork, addiction, near-death experiences, and more. Many programs are led by cutting-edge thinkers, from Vietnamese monk Thich Nhat Hanh to holistic physician Bernie Siegel, M.D. The great variety of formats—from evening talks to month-long residential programs—can allow for a little personal growth to be squeezed into even the busiest schedule. For more information, contact the centers listed below for a catalogue:

URBAN CENTERS

California Institute of Integral Studies: *765 Ashbury St., San Francisco CA 94117; (415) 753-6100.*

Interface: *55 Wheeler St., Cambridge MA 02138; (617) 876-4600.*

The New York Open Center: *83 Spring St., New York NY 10012; (212) 219-2527.*

Oasis Center: *7463 Sheridan Rd., Chicago IL 60626; (312) 274-6777.*

RESIDENTIAL CENTERS

Chinook Learning Center: *PO Box 57, Clinton WA 98236; (206) 321-1884 or (206) 467-0384.*

Esalen Institute: *Big Sur CA 93920; (408) 667-3000.*

The Findhorn Foundation: *Cluny Hill College, Forres IV36 ORD, Scotland; (0309) 72288.*

Hollyhock Farm: *PO Box 127, Mansons Landing, British Columbia ZOP 1KO; (604) 935-6465.*

Kripalu Center for Yoga and Health: *Box 793, Lenox MA 01240; (413) 637-3280.*

Lama Foundation: *Box 240, San Cristobal NM 87564; (505) 586-1269.*

Mount Madonna Center: *445 Summit Rd., Watsonville CA 95076; (408) 847-0406.*

The Naropa Institute: *2130 Arapahoe Ave., Boulder CO 80302; (303) 444-0202.*

Omega Institute: *Lake Drive RD2, Box 377, Rhinebeck NY 12572; (914) 338-6030. In summer: (914) 266-4301.*

Rowe Camp and Conference Center: *Kings Highway Rd., PO Box 273, Rowe MA 01367; (413) 339-4954.*

Schumacher College: *The Old Postern, Dartington, Totnes, Devon TQ9 6EA, England; (0803) 865934.*

Wainwright House: *260 Stuyvesant Ave., Rye NY 10580; (914) 967-6080.*

ILLUSTRATION: JEM SULLIVAN; PHOTO: JAN E. WATSON/COURTESY ACTION THEATRE

Alternative U.

The times they are a-changing— meaning, it's time for the children of the '60s to send their own children away to college. One option is an "alternative" undergraduate school, which may gear its programs to such issues as personal empowerment, cultural diversity, the environment, and experiential education. Many alternative schools also offer individualized courses of study and internships, and written evaluations rather than grades. Another selling point for many of them is a bucolic location. The following are some accredited alternative undergraduate colleges; call or write the schools for a catalogue:

Graduates of **Antioch College** leave with almost two full years of work experience behind them—sometimes including getting their hands dirty in hotels or grocery stores in order to learn about "people, their aspirations, and way of life." Antioch's extensive international programs include "Comparative Women's Studies Term" in Europe and "Egyptian and Islamic Culture and History" in Cairo. *795 Livermore, Yellow Springs OH 45387; (513) 767-7331.*

The **College of the Atlantic**, on Mt. Desert Island (next door to Acadia National Park), has just over 200 human ecology students and 20 faculty members. Courses include "Poetry as Ecology" and "Women/Men in Transition." *105 Eden St., Bar Harbor ME 04609; (207) 288-5015.*

The **Evergreen State College** is home of the "Greenies," students who learn by preparing learning contracts and can study on sailing vessels that travel to the San Juan islands. *Olympia WA 98505; (206) 866-6000.*

Tucked into Western Washington University, **Fairhaven College** lets its 320 students design their own majors, evaluate their own performances, and get credit for internships. Courses include "Shamanism," "The Art of Play," "Depression/Eating Disorders of Women," and "Organic Gardening." *Bellingham WA 98225; (206) 676-3682.*

A day in the life of the typical **Goddard College** student is an endeavor of body, mind, and spirit—including doing yoga, reading *Mother Jones* magazine, taking part in a peer counseling group, discussing the option of taking a leave of absence or studying abroad. *Plainfield VT 05667; (802) 454-8311.*

Known for its self-designed courses of study and creativity, **Hampshire College** has a film and video department that is coveted by students of other area colleges, as is the glass-enclosed swimming pool and coed sauna. Students can also opt for Five-College Program courses (at the other four nearby undergraduate schools), most of them more conventional than Hampshire's offerings. *Amherst MA 01002-9988; (413) 549-4600.*

Prescott College's strong environmentalist emphasis is evidenced by the mandatory wilderness orientation modeled after Outward Bound. True to one of the school's mottos ("The Southwest is our classroom"), every department offers at least one course that explores the region, such as "Growing Up Indian." Other interesting offerings: "Dreamwork Intensive," "Holistic Health and Wellness," and "Cultural Perspectives on Environmental Design." *220 Grove Ave., Prescott AZ 86301; (602) 778-2090.*

—Lisa Horvitz

founded the **Living Stage Theatre Company** on the belief that "everyone is born an artist." Its presentations, which combine improvised performances with audience participation, are tailored to a variety of special-needs audiences—from the imprisoned to economically disadvantaged children to senior citizens. Living Stage Theatre will also travel to communities to train teachers and other leaders to use theater as a means of increasing self-esteem and encouraging creativity in others. *c/o Arena Stage, Sixth and Maine Ave. SW, Washington DC 20024; (202) 554-9066.*

Celebrating its twentieth anniversary, **Le Centre Du Silence**, founded by mime Samuel Avital (a former student of Marcel Marceau), hosts three-week summer intensives designed to use mime techniques and movement to "unleash the fearless creative power within you." *PO Box 1015, Boulder CO 80306-1015; (303) 494-8729.*

Omega Theater: Combining theater and personal growth.

NONTOXIC SUPPLIES

Are Your Crayons Killing You?

YOUR ART SUPPLIES MAY BE hazardous to your health, cautions Joyce Schoemaker and Charity Vitale, authors of **Healthy Homes, Healthy Kids: Protecting Your Children From Everyday Environmental Hazards** (Island Press, 1991; $12.95). "Certain compounds in materials like paint can cause neurological problems, organ damage, and cancer," they warn, adding that other art-room villains include solvents such as turpentine, as well as clays and glazes containing silica and talc. Children, say Schoemaker and Vitale, are particularly vulnerable to these toxins.

What's an artist, art teacher, or parent to do? Fortunately, there are a number of resources that can help you sort through the tangles of health warnings and changing regulations in the field of art safety. Aside from Schoemaker and Vitale's book, one good resource is **The Art & Craft Materials Institute**, which certifies art products for safety. After putting a product through a toxicological evaluation by a medical expert, the institute then stamps it with a seal of approval or caution. On request, this organization will furnish you with a list of products that have received its seals. *100 Boylston St., Suite 1050, Boston MA 02116; (617) 426-6400.*

The Center for Safety in the Arts is a national clearinghouse for research and education on hazards in the visual arts, performing arts, educational facilities, and museums. It has an Art Hazards Information Center, which answers written or telephone requests on the potential hazards of art materials and procedures, and also publishes fact sheets and the newsletter *Art Hazards News. 5 Beekman St., Suite 1030, New York NY 10038; (212) 227-6220.*

Parents might want to send for the booklet **Children's Health Hazards**, published by

COURTESY OMEGA THEATER

the National Resources Defense Council. *40 W. 20th St., New York NY 10011; (212) 727-2700.*

If you can't find nontoxic art supplies in your area, several mail-order catalogues sell watercolors and finger paints made from plant concentrates, natural-wax crayons, and nontoxic glue. Order from the **Natural Choice** catalogue: *1365 Rufina Circle, Santa Fe NE 87501; (505) 438-3448*; or **Karen's Nontoxic Products**: *1839 Dr. Jack Rd., Conowingo MD 21918; (800)-KARENS4.*

If you prefer firsthand assurance of the purity of your art supplies, check the September/October 1991 issue of the natural living newsletter **Greenkeeping** for editor Annie Berthold-Bond's listing of recipes for homemade dyes, clay, and fingerpaint. *Box 28, Annandale on Hudson NY 12504. Bimonthly; $22.50/year; back issues $3.95.*

LIFELONG LEARNING

Isn't It Time Grandma Learned German?

WHO HAS TIME FOR SHUFFLEBOARD WHEN you could be studying Rembrandt's masterpieces on location in the Netherlands, or transcendental meditation at Maharishi International University? Each year hundreds of thousands of older Americans vacation under the auspices of one of the educational-travel networks for seniors, learning history, politics, computer science, literature, and the arts. Accommodations are often in school dormitories, keeping costs low.

From its humble beginnings in 1975, when it served a mere 200 seniors, **Elderhostel** today claims an estimated 220,000 yearly participants taking part in programs hosted by more than 1,600 colleges, universities, and educational institutions around the world. Among Elderhostel's mind-boggling array of study subjects (and locations) are gray whales in Mexico, Hollywood's portrayal of Alaska at the state university in Fairbanks, and Thomas Merton's journals and letters at Holy Cross Monastery in New York. Participants or their spouses must be 60 or over to take part. *75 Federal St., Boston MA 02110-1941; (617) 426-7788.*

For those 50 and over, the smaller organization **Interhostel** offers some three dozen two-week programs at universities in 25 countries. Programs have a broad scope, covering the history, politics, and culture of the country visited, through lec-

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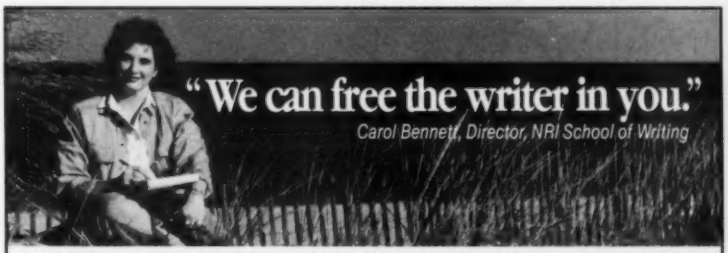

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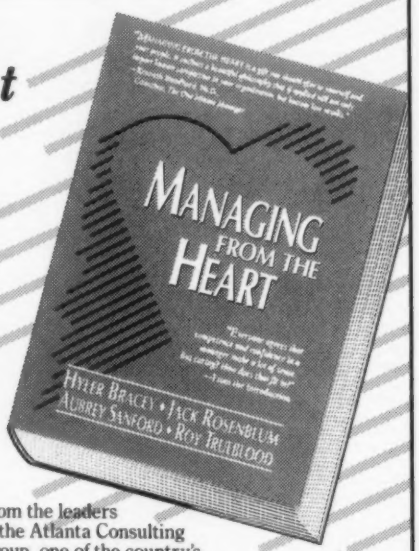

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—Kenneth Blanchard, Ph.D., Coauthor, *The One Minute Manager*

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tures and tours. Active learning can be tiring; participants should be in good health. *C/o University of New Hampshire, 6 Garrison Ave., Durham NH 03824-3529; (800) 733-9753. In New Hampshire: (603) 862-1147.*

GOING BACK TO SCHOOL

Changing Course

NOT SURE IF YOUR PARACHUTE IS THE right color? For many adults, entering an alternative degree program is the best route to righter livelihood. In schools scattered across the country, nurses are learning bodywork techniques, executives are training to become transpersonal therapists, teachers are studying to become environmental educators. And many of these new degree programs, in both traditional and alternative fields, are offered in flexible off-campus formats for adults who can't drop everything to be a student again. (For more information, see NEW AGE JOURNAL, September/October 1991.)

Of course, your first assignment is to determine what you really want to do with your life. For that Bobbi Liberton, a goal-setting and transitions counselor at the Institute for Inner Freedom in Santa Rosa, California, recommends two books: **Wishcraft: How to Get What You Really Want** by Barbara Sher with Anne Gottleib (Ballantine, 1986; $7.95) and the bible of the restless, **What Color Is Your Parachute?** by Richard Nelson Bolles (Ten Speed Press; 1992. $12.95), celebrating its twentieth anniversary .

To find a degree program—in either a traditional field such as business management or an alternative one such as consciousness studies—that fits your schedule, there's **Bear's Guide to Earning College Degrees Nontraditionally** (C & B Publishing, 1990; $24.95). Written by alternative-education guru John Bear, this informative guide lists more than 100 programs that offer degrees at a distance—by correspondence course, local satellite programs, or short summer residencies. If you would prefer some personal attention, **Degree Consulting Services**, which was founded by Bear, will provide through-the-mail counseling for off-campus degree opportunities. *PO Box 3533, Santa Rosa CA 95402; (707) 539-6466.*

With **Connected Education,** your next degree may be only a modem away. Working with universities, including New York's New School for Social Research, ConnectEd allows you to earn undergraduate and graduate degrees "time and place

free." *92 Van Cortland Park S, Apartment 6F, Bronx NY 10463; (212)549-6509.*

Not sure how to pay for all this personal growth? Drawing from its database of nearly 200,000 scholarships and grants, **The National Scholarship Research Service** will provide you with a printout of scholarship opportunities tailored to your field of interest. Scholarships range from the lucrative—$50,000 for clinical research from the Fragrance Research Fund—to the offbeat—the $500 International Boar Semen Scholarship, awarded annually by the Future Farmers of America. *2280 Airport Blvd., Santa Rosa CA; (707) 546-6777.*

NEWSLETTERS

Keeping Up on the Arts

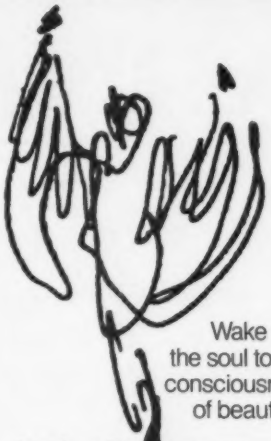
A NUMBER OF ARTS NEWSLETTERS CAN GIVE you ideas to spark your inner creativity or help you network with others who share your interests. Among the must-reads:

The **Omega Arts Network News** links "transformational, visionary, and sacred artists" from around the world who are working together to use their art to offer visions of a positive future. The newsletter includes articles, a calendar of upcoming events, book and tape reviews, and information from a growing number of local network groups. *PO Box 1227, Jamaica Plain MA 02130; (617) 522-8300. Two issues per year with $20 group membership.*

If you want your musings to have an audience—if only an audience of one—check out **The Letter Exchange**. In each issue, potential pen pals pose provocative points (e.g. "Is anyone out there fascinated by the people next door?") in order to elicit responses from other avid letter writers. For the artistically inclined, there's also the opportunity to exchange sketches. *Box 6218, Albany CA 94706. Three issues /$18.*

Music for People, founded by composer, music teacher, and former Paul Winter Consort cellist David Darling, is a network of people "interested in fostering creative self-expression through music and improvisation." The organization's newsletter, **Connections**, includes resources and articles on music-making, a calendar of events, and a music-teacher referral service. *RD 4 Box 221 A, Keene NH 03431-9306; (603) 352-4941. Quarterly newsletter: $25/year; includes membership and directory of improvisors.*

Jennifer King is a contributing editor of NEW AGE JOURNAL.



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Your Guide to Schools & Organizations Offering Alternative Educational Programs & Careers

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Men & Women

Beyond the battle of the sexes. Tools for becoming who you are.

BY LISA YANE

MEN & WOMEN

New Faces

THE BATTLE OF THE SEXES continues on. Even the fall's Supreme Court hearings, ostensibly a political tug of war, became divided along gender lines, with the issue of sexual harassment taking center stage. But men and women, both individually and together, are making great strides: The women's movement is taking on new dimensions and a men's movement is gathering steam.

EMPOWERMENT

Discovering the Woman Within

FINDING ONE'S POWER. THAT'S long been an underlying theme in the women's movement. But for many women the kind of power that gets you ahead in the office or allows you to be supermom at home is no longer the compelling ideal. Women are looking for a new kind of power, a power that comes from within. One place to learn to access that power is at **Her Voice, Our Voices: A Woman's Solstice Camp**, held each summer (this year will mark its eighth season) in California by the Women's Alliance. Founder and director Charlotte Kelly sees the week-long camp as a chance to push the boundaries of the women's movement. "The women's movement was about what to say 'no' to," she says. "The camp is about 'yes.' It's about discovering feminine values: intuition, community, making decisions based on a holistic consideration of needs." *Women's Alliance, PO Box 21454, Oakland CA 94620-1454; (510) 658-2949.*

The **Woman Within** training takes a slightly different approach to the same end. Leaders of this weekend workshop support women in exploring issues regarding their mothers, fathers, relationships, or careers by using meditation, visualization, drawing, and ritual. *416 E. College Ave., Waukesha WI 53186; (414) 549-3005.*

Looking for a new kind of power: A women's solstice camp.

For those times—say, if you meet a mugger in a dark alley—when a more overt show of power is called for, **Impact**, an organization that runs rigorous self-defense courses for women, trains women to deliver a swift kick where it can make a difference. Formerly called **Model Mugging**, the course trains women to knock out a single, unarmed assailant—a real-life man who is protected head to

Reading for the Female Spirit

Jewish feminism: *Bridges* is a new journal edited by leading Jewish feminists, including Adrienne Rich. The tone is warm and personal. *PO Box 18437, Seattle WA 98118. Biannual; $15/year.*

Spiritual feminism: *Woman of Power* is a magazine of feminism, spirituality, and politics. *PO Box 2785, Orleans MA 02653; (508) 240-7877. Quarterly; $26/year.* And even *Ms.* now gives spirituality a nod with its regular "Inner Space" column. *PO Box 57132, Boulder CO 80322-7132. Bimonthly; $45/year.*

Christian feminism: *Daughters of Sarah* covers contemporary issues (such as ecology and women in corporations) from a spiritual perspective. *3801 N. Keeler, Chicago IL 60641; (312) 736-3399. Quarterly; $18/year.*

Women in Buddhism: Snow Lion Publications offers an extensive selection of books for women Buddhists. *PO Box 6483, Ithaca NY 14850; (800) 951-0313.* Also, *Turning the Wheel: American Women Creating the New Buddhism* by Sandy Boucher (Harper & Row, 1988; $22.95) is an inspiring resource.

Wiccan and Pagan traditions: *Of a Like Mind* is an international newspaper and networking tool for women interested in Earth-oriented traditions. *PO Box 6021, Madison WI 53716. Quarterly; $13–$33/year, sliding scale.*

Women's spirituality: *SageWoman* covers all types of women's spiritual expression and strongly encourages reader contributions. *PO Box 641, Point Arena CA 95468; (707) 882-2052. Quarterly; $18/year.*

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toe in safety garb. The results are impressive: Of the graduates who have been assaulted since taking the course, almost all disabled their attackers enough to escape. Trainings are held around the country. *DC Impact, 701 Richmond Ave., Silver Spring MD 20910; (301) 589-1349.*

SPIRITUALITY

Goddesses, Pagans, and Earth Rituals

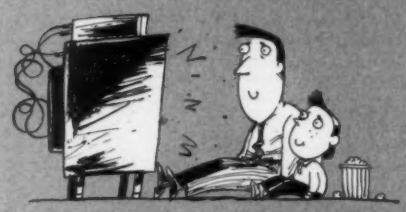
MANY WOMEN BELIEVE THAT the flowering of the women's spirituality movement is feminism's next important step. "If you want to change the culture, you need to change its institutions, which are grounded in its spiritual beliefs," notes writer and activist Pat Cuney. To that end, last year Cuney organized the first international conference on women's spirituality, "The Return of the Goddess." This year's conference, **Creation: Fire from the Womb**, will feature artist Judy Chicago speaking on conscious art as an instrument for social change. *WomanSpirit, PO Box 49924, Austin TX 78765; (512) 247-2597.*

A good at-home introduction to women's spirituality—from ancient roots to current resurgence—has been created by Canadian filmmaker Donna Read in two recent documentaries, **Goddess Remembered** and **The Burning Times**. *Goddess Remembered*, a gentle, poetic film that surveys the goddess-worshiping religions of forgotten cultures, boasts an all-star cast that includes Starhawk, Charlene Spretnak, Carol Christ, Merlin Stone, and Luisah Teish. *The Burning Times* tells the story of the witch-hunt craze that swept Europe a few hundred years ago (wiping out as many as nine million people) and discusses the current interest in Wiccan ways. *Direct Cinema Ltd., PO Box 10003, Santa Monica CA 90410; (800) 525-0000. $39.95 each, plus shipping.*

If you're interested in having a direct experience of Wiccan or Pagan rituals, contact a local coven or spiritual group. (Many of these are open to men, too; usually they include male- and female-only groups.) One way of finding a local contact is through **Covenant of the Goddess** (COG), which has about 70 covens around the country. Cofounded by Starhawk and with National Public Radio commentator Margot Adler as an elder, COG also publishes a newsletter ($15/year) with event information. *COG, PO Box 1226, Berkeley CA 94704.*

For women seeking a more Christian-based—but still alternative—form of worship, **Women-Church** is a loosely organized global ecumenical movement of women who form local groups, similar to the base communities of liberation theology, to create their own forms of worship. Gatherings are characterized by egalitarianism and a commitment to love, justice, and community. To find a group in your area, contact **Women-Church Convergence**. *PO Box 25036, Harper Woods MI 48225.*

If you're looking for some reading material to accompany you on your own inner journey, get a copy of the **Gaia Bookstore**'s mail-order catalogue, which contains an extensive selection of titles on women's spirituality. *1400 Shattuck Ave. #15, Berkeley CA 94709; (800) 543-8431. In California: (415) 548-4172.*



A Father-and-Son Film Festival

When fathers and sons get together in front of the TV, it's often for an action-adventure film like *Rambo* or for the *Rocky*-like violence of a boxing telecast. Here are some videos (available at rental outlets) for more nourishing male entertainment, as recommended by Wingspan editor Chris Harding:

1. **All My Sons** (1948). Deals with the sins of the father visited on the sons.
2. **Captain's Courageous** (1937). Explores the role of the surrogate father vs. the real father.
3. **Careful, He Might Hear You** (1984). Deals with the longing for an absent father.
4. **Da** (1988). A man is haunted by memories of his dead father.
5. **The Great Santini** (1980). A man is brow-beaten by his domineering father.
6. **I Never Sang for My Father** (1970). A man cares for his ailing, elderly father.
7. **Kramer vs. Kramer** (1979). Involves a custody battle for the son.
8. **Life with Father** (1947). A nostalgic tribute to the head of a big family.
9. **Nothing in Common** (1986). A man spars with his cantankerous father.
10. **The Three Godfathers** (1948). A religious fable about three cowpokes and a baby.

From Inside the Men's Movement: Bold Visions in a Time of Masculine Renewal. *Copyright 1992 by Chris Harding. Used by arrangement with St. Martin's Press.*

NOURISHMENT

Learning to Love the Body

PREOCCUPIED WITH FOOD? Starting on yet another diet? For an awareness-based approach to overcoming eating disorders, a problem that plagues so many women in our culture, you might try **Breaking Free from Compulsive Eating**, a workshop led by author Geneen Roth. Roth, who's been through it all herself, describes her unique approach in two books: **When Food Is Love: Exploring the Relationship Between Eating and Intimacy** (Dutton, 1991; $18.95) and **Why Weight? A Guide to Ending Compulsive Eating** (Plume, 1989; $8.95). *Breaking Free, PO Box 2852, Santa Cruz CA 95063; (408) 685-8601.*

For Marcia Hutchinson, author of **Transforming Body Image: Learning to Love the Body You Have** (Crossing Press, 1985; $10.95), overcoming food addiction "isn't about changing your body, it's about learning to love the body you have." In her **Transforming Body Image** workshops, she uses guided imagery, journal-writing, small-group sharing, and Feldenkrais movement exercises to help alleviate conditions such as eating disorders, sexual dysfunctions, addictions, and

JEM SULLIVAN

Author Cathleen Rountree with her dog, Sierra.

chronic and/or psychosomatic illness. Hutchinson also offers workshops for people with disabilities. *88 W. Goulding St., Sherborn MA 01770; (508) 653-3665.*

Another popular method for dealing with eating disorders is **Overeaters Anonymous**, a 12-step program that now runs more than 10,000 groups worldwide. To find a local group, contact *World Service Office, PO Box 92870, Los Angeles CA 90009; (213) 618-8835.*

AGING

Growing Old with Grace

JUST AS WOMEN IN OUR CULTURE are "supposed to be" thin, they're also "supposed to be" young. Aging gracefully can be a difficult task. But a new book by artist and writer Cathleen Rountree, **Coming Into Our Fullness: On Women Turning Forty** (Crossing Press, 1991; $10.95), can give women new inspiration for the second half of life. Rountree presents first-person accounts about turning 40 from such well-known artists and thinkers as Natalie Goldberg, Frances Moore Lappé, Susan Griffin, Brooke Medicine Eagle, Cokie Roberts, and Linda Leonard. Rountree also leads **Coming Into Our Fullness** workshops. *PO Box 552, Aptos CA 95001; (408) 662-1183.*

ABORTION

A Necessary Healing

WHAT OFTEN GETS LOST IN THE POLITICAL rhetoric of the abortion debate is the emotional experience of women who have had abortions. "There's a tremendous fear if you say you've experienced feelings of remorse, regret, or guilt," says Bay-area psychologist Sue Nathanson, "because that appears to make the choice wrong. Although these feeling are normal, women tend to feel that they're not entitled to them." *All* feelings are normal, emphasizes Nathanson, even relief.

Nathanson, a mother of three, wrote about her own life-changing experience of abortion in **Soul Crisis: One Woman's Journey Through Abortion to Renewal** (New American Library/Penguin Books, 1989; $18.95). She recommends that women call a local Planned Parenthood chapter for a referral to a post-abortion support group.

For couples who face an unexpected pregnancy or who have been through an abortion, Joy Gardner's **A Difficult Decision: A Compassionate Book About Abortion** (Crossing Press, 1986; $6.95) is a practical and accessible guide that includes exercises, visualizations, and a discussion about the spirit of the unborn.

SEXUALITY

Making It Good

GOOD SEX IS A SUBJECT THAT AROUSES the interest of both men and women. But for many, along with feelings of intimacy and pleasure can come the emotions of insecurity and pain. Though in some ways sex comes naturally to us, there are things that we all can learn about our sexuality and ourselves.

Sex educator Betty Dodson, author of *Sex for One: The Joy of Selfloving* (Crown, 1992; $9), runs **Women's Sexuality Seminars** for women "committed to their sexual growth"—whether they want to have an orgasm for the first time or are simply seeking to enhance their sexual pleasure. Workshops cover such topics as how to have a full-body orgasm, getting in touch with the PC muscle and the body's energy

Become the Best Lover You Can Be

This landmark, elegantly illustrated book on sexuality makes the sacred lovemaking techniques of the East fully understandable to Western readers. Margo Anand's sensual secrets include:

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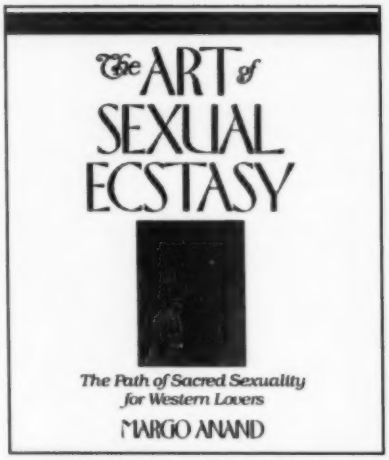

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centers, the use of vibrators and sex toys, how masturbation can enhance partner sex, and masturbation as an erotic meditation. *Box 1933, Murray Hill, New York NY 10156.*

The **Body Electric School of Massage and Rebirthing** offers massage classes for men and women and workshops for men exploring sacred sex rituals from the Tantric, Taoist, and Native American traditions that emphasize sex as sacred, playful, and noncompulsive. *6527A Telegraph Ave., Oakland CA 94609-1113; (510) 653-1594.*

If you're intrigued by sexual exploration but dread stepping into a sleazy sex shop, take a look at the **Eve's Garden** catalogue. Founded on the feminist philosophy of providing a "sex-positive, comfortable, nurturing environment where women have access to the tools of pleasure," the organization puts out a mail-order catalogue of books, condoms, pleasure-enhancement toys, and other sex-related items. *119 W. 57th St., Suite 420, New York NY 10019; (212) 757-8651.*

What Men Are Reading

Must reading for the new man includes three recent best sellers by men's movement mainstays: Robert Bly's Iron John: A Book About Men (Addison-Wesley, 1990; $18.95); Sam Keen's Fire in the Belly: On Being a Man (Bantam, 1991; $19.95); and Robert Moore and Douglas Gillette's King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine (HarperCollins, 1990; $16.95).

Here are some other new books for and about men, as recommended by *Wingspan* editor Chris Harding:

Knights Without Armor: A Practical Guide for Men in Quest of Masculine Soul by Aaron Kipnis (Jeremy P. Tarcher; $19.95) is the most thorough book to date on the men's movement because it combines mythology, men's rights, and feminism in a life-affirming mix.

At My Father's Wedding: Reclaiming Our True Masculinity by John Lee (Bantam; $19.50) is a warmly conversational account of the struggles of the author and other men to reconcile with the legacies of their fathers.

To Be a Man: In Search of the Deep Masculine edited by Keith Thompson (Jeremy P. Tarcher; $12.95) could be called a "sampler" of the men's movement. It contains excerpts from other current men's books—including some of those recommended here—as well as from Thompson's 1982 *New Age Journal* interview with Robert Bly.

Celebrating the Male Mysteries by R. J. Stewart (Arcania) uses archetypes to create a program of meditations, visualizations, and rituals that is for men what Goddess worship is for women.

Male Survivors: A 12-Step Recovery Program for Male Survivors of Childhood Sexual Abuse by Timothy L. Sanders (Crossing Press; $12.95) is a workbook for male survivors of sexual abuse, containing affirmations in the 12-step tradition.

Want more? For a comprehensive men's movement reading list, contact workshop leader Gordon Clay at the National Men's Resource Center, which has a telephone hotline for men's events in California and makes referrals to men's activities nationwide. *PO Box 800-HL, San Anselmo CA 94979-0800; (415) 453-2839.*

NETWORKING

The Men's Movement: What's It All About?

A DECADE AGO POET ROBERT Bly began leading men in workshops that focused on the reciting of poems and the retelling of ancient fairy tales, all aimed at getting at the roots of masculinity. Over time these gatherings of men have grown in size, to the point where today this "mythopoetic" men's movement regularly draws hundreds of men to its events.

One way to plug in to these activities—which include support groups, drumming circles, and councils—is by reading **Wingspan: Journal of the Male Spirit**, the nation's largest-circulation men's newspaper (recently surpassing 150,000). Each quarterly issue features thorough listings of lectures, workshops, conferences, vision quests, and retreats, as well as interviews with leading men's movement figures. *Wingspan* is distributed free (bundles of 50 or more are available to men starting groups), though donations are always welcome. *Box 1491, Manchester-by-the-Sea MA 01940; (508) 526-4884.*

For gay men, **White Crane** is a newsletter on spirituality that was founded on the belief of editor Robert Barzan that "gay men have a unique and wonderful spirituality that is life-giving for ourselves and for our world." *PO Box 170152, San Francisco CA 94117-0152. Quarterly; $12/year.*

Men in recovery might look to the work of the **Texas Men's Center**, founded by John Lee, who authored **At My Father's Wedding** (Bantam, 1991; $19.50). The Center offers psychotherapy and bodywork services and runs men's leadership groups (oriented toward service to community), vision quests, and journal-writing and mythopoetic weekends. It

Men's movement pioneer Robert Bly.

also publishes the quarterly magazine **Man! Men's Issues, Relationships, and Recovery** ($12/year), which includes articles by nationally known recovery- and men's-movement writers, a national calendar of events, and a national directory of men-in-recovery groups. *8012 Shin Oak Dr., Suite 206, San Antonio TX 78233; (512) 945-9112.*

SUPPORT

Starting Your Own Men's Group

MEN'S COUNCILS AND SUPPORT groups are the '90s version of the consciousness-raising groups that brought women together in the '70s. But whereas women were gathering in an effort to empower themselves, men seem to recognize that their work lies in connecting with their feelings.

For help in locating a men's council, contact Tom Daly or Jeffrey Duvall at the **Men's Council Project**. This organization offers weekend workshops and telephone consultation on starting councils and provides guidance for existing councils. *PO Box 17341, Boulder CO 80301; (303) 444-7797 or 444-3473.*

If you're looking to start your own men's group, an excellent resource is **A Circle of Men: The Original Manu-**

MILLICENT HARVEY/COURTESY ADDISON-WESLEY

al for Men's Support Groups (St. Martin's Press, March 1992; $14.95). Author Bill Kauth, a cofounder of the popular New Warrior Training (see below), explains how to create a group for friendship, community, and intimacy. The book includes chapters on choosing group members, suggested formats for the first eight meetings, the use of ritual, and the role of physical touch.

Men interested in using ritual, myth, storytelling, poetry, and drumming in a small group should also check out **Tending the Fire: The Ritual Men's Group** by Wayne Liebman (Ally Press, 1991; $7). The author tells the story of his own men's group and includes suggestions for using ritual in a group.

WORKSHOPS

Weekend Warriors

ONE WAY FOR MEN TO DISCOVER THEIR purpose in the world is through initiation, a process in which ritual, guided imagery, and confrontation can connect them with their own power and allow them to use their gifts.

Men seeking to engage in in-depth spiritual and emotional work of this kind might find one of the highly structured weekend workshops run by **New Warrior Training** to be a powerful experience. Using the above techniques and others, the workshops offer an intimate one-to-one staff-to-participant ratio. Currently, trainings are held in San Diego, California; Kenosha, Wisconsin; and Minneapolis, Minnesota; with more centers scheduled to open soon in Washington, D.C.; Indianapolis, Indiana; Rochester, New York; and Houston, Texas. *4913 N. Newhall, Whitefish Bay WI 53217.*

The **mythopoetic workshops** of poet Robert Bly, drummer and storyteller Michael Meade, theology and psychology professor Robert Moore, and Jungian psychologist James Hillman have become among the most popular events on the men's workshop circuit. For information about the joint and individual schedules of these men, along with a catalogue of men's books and audio programs, contact Ally Press Center. *524 Orleans St., St. Paul MN 55107; (800) 729-3002.*

For other programs on men's and women's issues, check with your local adult education center or see page 11 for a list of holistic education centers.

Freelance writer Lisa Yane is former assistant editor of NEW AGE JOURNAL.

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Travel

Getaways, guidebooks, and tips for traveling lightly on the Earth.

BY JENNIFER KING

ALTERNATIVE GUIDES

Beating the Tourism Trap

NOT EVERYONE GOES ON VACATION just to get a suntan: A recent Harris poll found that two fifths of respondents cited "personal growth" as their chief vacation aim. To accommodate this new breed of traveler, the number of organizations offering "transformational" travel opportunities has exploded in recent years. Now you can spend your next vacation building houses in impoverished Third World villages, studying dolphin societies, or maneuvering white-water rapids in an all-women boat. The following guidebooks can help you find the specific adventure that's right for you:

After 30 years of churning out standard sight-seeing guides (including the classic *Europe on $5 a Day*), Arthur Frommer had a startling revelation: "I felt a sharp malaise about the state of American travel, and with my own role in it. . . . I began to see that most of the vacation journeys undertaken by Americans were trivial and bland, devoid of important content, cheaply commercial, and unworthy of our better instincts and ideals." As a response, he compiled an almanac cataloguing a world of worthy alternatives, **Arthur Frommer's New World of Travel 1991** (Prentice Hall, 1991; $16.95), now in a bigger-than-ever fourth edition. Filled with photographs and addresses, the guide offers chatty descriptions of more than 1,200 transformational travel organizations—from folk dance camps to citizen diplomacy trips to yoga camps.

For sheer volume, it's hard to beat the **1991 Directory of Study Abroad Programs and Travel Services** (Renaissance Publications, 1991; $14.95), packed with resources covering fine art travel, teaching abroad, foreign university programs, travel for the handicapped, and *much* more. Also included are chapters on such nitty-gritty as passport services, inoculations, and travel insurance, as well as a comprehensive bibliography. Though the guide makes no attempt to evaluate all these resources (listings are mostly just addresses and phone numbers), it does suggest organizations that will. *Renaissance Publications, 7819 Barkwood Dr., Worthington OH 43085; (614) 885-9568.*

See Bali by bike: Backroads Bicycle Touring.

Wild women searching for a trip of their own should send for **Women Outdoors: The Best 1900 Books, Programs & Periodicals** (self-published, 1990; $28) compiled by veteran adventurist Jennifer Abromowitz. Its thumbnail descriptions of hundreds of travel books and guides catalogue a long love affair between women and wilderness, while its chapter on outdoor programs specializing in women's travel will help you plan your own next adventure. *Order c/o Abromowitz, RD 1, 345C, Williamsburg MA 01096.*

Don't just tour the planet, save it! That's the message behind **Ecovacations: Enjoy Yourself and Save the Earth** by Evelyn Kaye (Blue Penguin Publications, 1991; $22.50), an *A*-to-*Z* guide to the blossoming field of "green" travel. In this case, the *A* stands for Alaska Discovery, where participants learn the techniques of "low impact" camping in the Great White North, and the *Z* for Zoetic Research, sea-kayaking tours led by biologist-guides.

For more adventures in altruism, check out **Volunteer Vacations** (Chicago Review

TOM HALE/COURTESY BACKROADS BICYCLE TOURING

Press, 1991; $11.95) by Bill McMillon, now in its third edition. The guide pairs short descriptions of more than 190 organizations with profiles of volunteers, including "Ms. America Goes to Nicaragua."

NETWORKING

Let a Clearinghouse Clear Your Path

IN ADDITION TO THE ABOVE books, a number of organizations act as clearinghouses on educational and socially responsible travel options. **Transitions Abroad** publishes a range of low-cost resource guides covering everything from "Designing Your Own Educational Vacation in London" to "Volunteer Work in Central America." The group also publishes *Transitions Abroad*, a lively and informative guide to traveling, living, learning, and working overseas. *Dept. TRA, Box 3000, Denville NJ 07834. Guide: bimonthly; $18/6 issues; $34/12 issues.*

The Center for Responsible Tourism explores the social and moral issues raised by tourism and the economic repercussions of the industry on local cultures and ecosystems. To help concerned travelers tread lightly, the group publishes the **Responsible Traveling** newsletter and reports on conferences, events, and responsible travel opportunities. *Box 827, San Anselmo CA 94979; (415) 258-6594.*

One World Family Travel Network is a membership organization and network for responsible travelers and for organizations that offer travel opportunities. The network was formed by travel writer Dianne Brause, author of two directories of alternative and socially responsible travel, which are available through the group. *81868 Lost Valley Lane, Dexter OR 97431; (503) 937-3351. Membership: $15–$35/year (sliding scale).*

FAMILIES

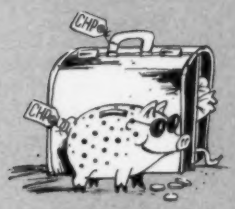
Junior, Stop Teasing That Dolphin!

BEFORE YOU PACK THE STATION wagon for yet another forgettable experiment in family vacationing, take a trip to your room and do your homework. A number of recent guides, books, and catalogues on traveling with children can help you select a getaway that you'll want to remember—one that may actually draw you closer as a family.

An extensive selection of what's available can be found in **The Family Travel Guides Catalogue**, which sells travel and game books, travel literature and stories, and travel videotapes, all focused on family and children. From *Kidding Around the Hawaiian Islands* to *Backpacking with Babies and Small Children*, editor and publisher Carole Terwilliger Meyers has selected materials that she says are the best for making your vacation "revitalizing." *For a free copy, send either $1 for postage and handling or a long, stamped (52¢) self-addressed envelope to Carousel Press, PO Box 6061, Albany CA 94706; (415) 527-5849.*

Family Travel Times, published by the family vacation clearinghouse Travel With Your Children (TWYCH), is a fun and informative newsletter filled with insider's tips on the best travel options, resources, and special deals for families. Listings of breaking news and up-to-date events provide inspiration and ideas. *80 Eighth Ave., New York NY 10011; (212) 206-0688. Ten issues/$35.*

What kid doesn't love a fair? And now finding the fun is a whole lot easier. **FestQuest**, a national database compiled from facts supplied by the nation's 6,558 local chambers of commerce, offers detailed calendars of festivals, art fairs, and craft shows, organized by region and season. The group is now developing a special



Tips for Traveling on a Shoestring

If you have more wanderlust than wallet, check out the following tips for traveling on the cheap.

See America—in somebody else's car. With 80 offices throughout North America, Auto Driveaway serves as a matchmaker, pairing willing drivers (who can come up with a $250 deposit) with cars that for a variety of reasons need to be moved cross country. *310 S. Michigan, Chicago IL 60604; (800) 346-2277.*

You're never too old for a youth hostel. No longer just for the teen-ager-with-backpack crowd, some 6,000 hostels in more than 70 countries are now welcoming "young people of all ages" to their comfortably unglamorous—and inexpensive—accommodations. To get a list of hostels or a membership card, contact American Youth Hostels, Inc. *National Office, PO Box 37613, Washington DC 20013-7613; (202) 783-6161.*

Check out "Travel Smart" newsletter. With the motto "Enjoy more, pay less" this valuable newsletter offers monthly advice on cheap tickets, special deals for seniors and students, as well as general travel tips for penny-pinching travelers of all stripes. *Communications House, Inc., 40 Beechdale Rd., Dobbs Ferry NY 10522; (914) 693-8300. Monthly; $37/year.*

Moonlight as a travel agent. People who work as an outside travel agent for a travel agency—selling trips, making reservations, but using the inside staff to actually write tickets—are eligible for discounts, according to *Boston Globe* travel writer Mary Sit. For example, moonlighting 30 minutes a day can entitle you to slashed prices on hotels and rental cars, as well as percentage discounts on plane fares. Investigate opportunities with your local travel agent.

Go back to school. Stay in a college dorm during the off-season for in many cases under $15 a night. Peterson's Directory of College Accommodations (Peterson's Guides, 1989; $9.95), edited by Jay Norman, lists some 175 colleges and universities in the United States and Canada. At some locations you can even use the gym or have a nice cafeteria meal.

Haggle for your hotel room. Travel experts know that hotel rates vary widely and specials abound, especially in these tough times. Call around—rates can even vary between toll-free reservation numbers and the actual hotel. Ask for discounts. For more insider information on cheaper travel, invest in veteran travel writer Arthur Frommer's New World of Travel 1991 (Prentice Hall, 1991; $16.95), which provides a list of discount travel agencies and cruiselines, vacation exchange clubs, and more.

JEM SULLIVAN

Winter Getaways

Can't face Fort Lauderdale? Here a few ideas for some unusual winter getaways to recharge the body, mind, and spirit. Call the organizations for more information and scheduling.

Combine personal growth and PABA at Omega in the Caribbean. Each winter, this leader in holistic education based in Rhinebeck, New York, moves to the more agreeable climate of Maho Bay on Saint John in the US Virgin Islands, where it offers workshops on such topics as relationships, music-making, and wellness. Participants stay in a community of tent cottages close to the beach, and take part in daily sunrise meditations, yoga, tai chi, and group activities. For those who want their inner exploration closer to home, Omega also offers winter programs at inns and retreat centers in Connecticut, upstate New York, West Virginia, and Taos, New Mexico. ***Omega Institute, Lake Dr., RD 2, Box 377, Rhinebeck NY 12572; (914) 338-6030.***

Maho Bay on Saint John: Omega Institute's winter home.

Fill your canteen with coconut milk and jump on your mountain bike for a trip through Thailand's exotic Golden Triangle Region. Along with getting fit through human power, you'll visit remote villages, maybe hop an elephant, and sample the country's famous cuisine. It's one of the many adventures offered year round by Backroads Bicycle Touring. ***1516 Fifth St., Berkeley CA 94710-1740; (800) 245-3874.***

Sit winter out doing Kyol Che at a Zen center. Kyol Che (meaning "coming together") is a week-long intensive meditation retreat modeled after the traditional winter and summer retreats in the mountain Zen temples of Korea. Conducted in silence, the daily schedule includes sitting, chanting, walking, and bowing meditation, providing plenty of opportunity for self-reflection. Not for the restless, this experience is recommended for those who already have a developed meditation practice. ***The Kwan Um School of Zen, 528 Pound Rd., Cumberland RI 02864; (401) 658-1464.***

The Institute of Noetic Sciences, founded by Apollo 14 astronaut Edgar Mitchell, offers vacations year round designed to explore culture and consciousness around the world. Winter destinations for '92 include a trip to the mysterious stone statues of Easter Island, as well as to the great pyramids of Egypt. ***475 Gate Five Rd., Suite 300, Sausalito CA 94965; (415) 331-5650.***

Dharmasala, in the beautiful Himalayan foothills in northern India, has been the headquarters of the Dalai Lama's government-in-exile since he fled the Chinese takeover of Tibet in 1959. In February the New York Open Center will run a two-week trip to this pilgrimage center, home of some 7,000 Tibetans as well as numerous organizations that are working to preserve Tibetan art and crafts. Enrollment limited. ***83 Spring St., New York NY 10012; (212) 219-2527.***

section on traveling with children. *FestQuest, Dept. 400, PO Box 398, Forest Grove PA 18922; (215) 794-7922. Calendars: $5.*

Two books of note: **Adventuring with Children**, the complete manual for family adventure travel by Nan Jeffrey with Kevin Jeffrey, proves that family travel doesn't have to be predictable and bland. *Avalon House Publishing, c/o New England Reprographics, PO Box 340, 2954 Falmouth Rd., Marstons Mills MA 02648; $14.95.* And **Traveling with Children and Enjoying It: A Complete Guide to Family Travel by Car, Plane, and Train** by Arlene Kay Butler (Globe Pequot Press, 1991; $11.95) provides tips for solving everything from back-seat squabbles to jet lag.

RETREATS

Haunts of Ancient Peace

RELIGIOUS RETREATS—FROM Trappist monasteries to Buddhist meditation centers—are becoming one of the most popular destinations of the new traveler. According to Arthur Frommer, these haunts of ancient peace are now attracting more than one million spiritual seekers each year. The following guidebooks and organizations can help you turn your next vacation into a pilgrimage.

Sanctuaries: A Guide to Lodgings in Monasteries, Abbeys, and Retreats of the United States: The Northeast by Jack and Marcia Kelly (Bell Tower/Harmony Books, 1991; $13). The first of a planned regional series, this book describes alternative lodgings ranging from a yoga center in western Massachusetts to an island retreat off the coast of New Hampshire. A companion volume on the Southwest is now in the works.

For a directory of Christian retreats (some 500 Catholic and 75 Protestant centers), contact **Retreats International.** *PO Box 1067, Notre Dame IN 46556; (219) 239-5320. $15.* A catalogue of 30 Christian retreat centers in the United States and Canada is available from the **North American Retreat Directors Association.** *Stony Point Center, 17 Cricket-town Rd., Stony Point NY 10980; (914) 786-3825. $2.* And Buddhists may want to consult **Buddhist America: Centers, Retreats, Practices** (John Muir Publications, 1988; $12.95).

Finally, for those who find the spirit in natural wonders, there's **The Pilgrim's Guide to the Sacred Earth** (Voyageur Press, 1991; $14.95) by Sherrill Miller, an informative guide to Stonehenge, Easter Island, Nepal, Jerusalem, and other places of power, peppered throughout with a professional photographer's helpful photo-taking tips.

ARMCHAIR TRAVEL

Adventures in Reading

A JOURNEY OF A THOUSAND miles can begin with a single newsletter. **Great Expeditions Magazine**, the "journal of adventure and off-the-beaten-path travel," will take you places the slick mass-market travel mags wouldn't touch with the tip of their Gucci loafers. (A recent article, for example, described touring

COURTESY MAHO BAY CAMPS

Thailand's Mae Hong Son province by motorbike.) Low-budget and refreshingly down-scale (another recent article: "The Soviet Union: On 56¢ a Day!"), this 4,000-circulation magazine offers primarily the work of readers eager to share stories and tips. *Box 8000-411, Sumas WA 98295-8000; (604) 852-6170. Five issues/$18; sample copy free.*

You've read his books, you've seen his PBS show, now you can stay in touch with "Back Door" travel guru Rick Steves on a regular basis through his free travel newsletter. Filled with tips, stories, advice, and no small amount of promotional copy for Back Door products (**Europe Through the Back Door** and other books, guides, backpacks, even Eurail passes), this fun and homespun bulletin is—like almost everything Steves recommends on the road—simple, down-to-earth, and a darned good value. *Europe Through the Back Door Travel Newsletter, 109 Fourth Ave. N, Box C-2009, Edmonds WA 98020; (206) 771-8303. Published four or five times a year; free.*

Outdoor Woman newsletter, notes editor and publisher Patricia Hubbard, focuses on the "the woman outdoors, the connection between herself and her environment." As such, the articles cover a range of issues and adventures, from a women's experience camping in the desert to a profile of a women's active-wear designer. *PO Box 834, Nyack NY 10960; (914) 358-1257. Ten issues/$30.*

Partners in Travel, "dedicated to the goal of making travel a happier experience for the single traveler," is a networking service operating in the form of a quaintly typed newsletter written, edited, and published by part-time English teacher Miriam E. "Toby" Tobolowsky. Her informative publication has been called "the *Reader's Digest* of travel" because Toby reads major magazines, then abstracts their travel articles. Her group also promotes guest/home exchange programs and puts out a guide to budget travel. *PO Box 491145, Los Angeles CA 90049; (213) 476-4869. Membership: $40/year (includes six issues of the newsletter and free listings for those seeking travel companions).*

If your travel goal is as much learning new things as seeing new places, **The Educated Traveler** may be your kind of newsletter. Here you'll find resources for such thought-provoking pursuits as tracking butterflies in Costa Rica, sitting in on writing classes in Russia, and touring Italian cooking schools. *PO Box 220822, Chantilly VA 22022-9886; (703) 471-1063. $75/ten issues.*

Jennifer King is a contributing editor of NEW AGE JOURNAL.

Seeing the world through the back door: Rick Steves.

Go to Camp: See the World

BY ARTHUR FROMMER

This summer, many thousands of American teen-agers will be hurtling through Europe by escorted motor coach, isolated from the life of that continent by the steel-and-glass enclosure of their buses. They will socialize with one another, speak and hear English throughout, eat in segregated portions of hotel dining rooms, and regard themselves—subconsciously but firmly—as a privileged elite.

A better-informed segment of our youth will be sent by their parents, out of motives of the purest love, to international workcamps. Several hundred such places are found in countries of both Western and Eastern Europe. There they will perform socially useful projects in the full midst of the European population. They will mix with other international young people, attempt foreign languages, make lifelong friendships, enjoy the satisfaction of contributing to worthy efforts, gain an appreciation for the realities of life abroad, and feel their minds stretch and grow. And having paid only their air fare to reach the workcamp, they will receive free room and board once they're there.

"International workcamps"—a horrid term unrelated to the happy atmosphere of the sites—were first formed at the end of World War I. A Swiss pacifist, Pierre Ceresole, conceived of projects in which youth of the former combatants—France and Germany—would work together to clear the wreckage of war.

In the several decades since, many hundreds of communities have sponsored similar efforts at other sites in Europe or, in a few instances, in North America. People in each locality propose a socially significant task to be performed by international volunteers and raise the funds to pay for the modest local lodgings and meals required by the participants. Then they invite young people of the world to travel at their own expense to the workcamp site. Once there, on stays averaging three weeks, the volunteers receive free room and board (and sometimes a bit of pocket money) in exchange for a few hours of enthusiastic effort each day.

While no one would denigrate their ensuing accomplishments, it becomes clear that the camaraderie of shared work, and the international understanding it brings about, are as important as the structures they build or the services they render.

Two clearinghouses can provide you with information on nearly 1,000 international workcamps and will also book you into them: **Service Civil International (SCI/USA)**, *c/o Innisfree Village, Rte. 2, Box 506, Crozet, VA 22932; (804) 823-1826;* and **Volunteers for Peace International Workcamps (VFP)**, *Tiffany Road, Belmont, VT 05730; (802) 259-2759.* SCI overseas volunteers must be 18 years of age; 16- and 17-year-olds are accepted into domestic workcamps. VFP accepts 16- and 17-year-olds at camps in France, Germany, and Spain.

From Arthur Frommer's New World of Travel 1991 by Arthur Frommer. Copyright © 1991, by Arthur B. Frommer. Published by Prentice Hall Press, a division of Simon & Schuster, Inc.

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The Educated Traveler is the only newsletter devoted to international specialty travel. Each issue contains charts, descriptions, inside information and up-to-date details for intelligent travel options: cultural tourism, educational travel, special interest tours, ecotourism, intercultural and socially responsible travel. Subscribers receive the current *Directory of Museum-Sponsored Tours*. Preview issue **$6** (applied to subscription). **(703) 471-1063.** *For $65, 10-issue subscription, circle no. 1103.*

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Tantra: The Art of Conscious Loving. Is your sex life as conscious as the rest of your life? Essential material for anyone on a spiritual path with a non-celibate lifestyle. Weeklong Hawaiian vacation seminars and weekend retreats for singles and couples. Internationally published book, audio, video tapes by teachers Charles and Caroline Muir. **Free** brochures. **(808) 572-8364.**

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117

Sun Bear encourages you to find your path of power. Join **Sun Bear** and community members for a ten-day intensive learning experience. Encounter yourself, Mother Earth, and come to know the sacredness of life. Learn ancient ways that will help you live in balance within this contemporary society. **(509) 326-6561. Free.**

118

Transitions Abroad helps independent world travelers plan their own holistic learning adventures: Be a Third World service volunteer; join a research expedition; take a professional seminar; find short-term jobs and internships; stay with a host family; learn a language; experience another reality . . . information and ideas for transformational travel. **$18** subscription includes six issues plus *Guide to Overseas Opportunities.* PO Box 3000-6832, Denville NJ 07834. *Sample issue $3.50.*

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Parent/Child

Resources for raising healthy, happy, creative kids.

BY TERI KEOUGH

MULTICULTURALISM

Appreciating Diversity

THESE DAYS, MULTICULTURALism in education—on all levels—is a hot topic. Parents interested in fostering awareness of cultural diversity might want to look for resources outside of school as well. One valuable source may be as close as your local **library**: Librarians have a good handle on trends in children's literature, and sometimes will lead special programs on multicultural themes. Also, take a look at your nearest **children's museum**. The Children's Museum of Boston, for example, has an exhibit called The Kids Bridge, in which children use interactive videos to "visit" the diverse neighborhoods of the city. *For more information call the Children's Museum of Boston, (617) 426-6500.*

One publishing company devoted to multicultural children's literature is the **Children's Book Press** (CBP). Representing more than half a dozen minority and "new immigrant" cultures, CBP offers everything from folk tales to contemporary stories (including on audio cassette). A handsome example is **Family Pictures (Cuadros de familia)**, Carmen Lomas Garza's tale of her Mexican-American childhood, with English/Spanish text and luminous, detailed illustrations. *6400 Hollis St., Suite 4, Emeryville CA 94608; (415) 655-3395.*

There are also book stores and small distributors specializing in multicultural and bilingual materials. One is **Claudia's Caravan**, offering not only books but also music, videos, games, dolls, and other items. *For a catalogue: PO Box 1582, Alameda CA 94501; (415) 521-7871.* Another is **Savanna Books**, specializing in books about children of color. *For a book list: 858 Massachusetts Ave., Cambridge MA 02139; (617) 868-3423.*

Also of note is the recently published **Children of Promise: African-American Literature and Art for Young People** edited by Charles Sullivan (Abrams, 1991; $24.95). This lush book interweaves text (from Martin Luther King, Jr.'s, "I Have a Dream" speech to the Emancipation Proclamation to folk songs to poetry) with beautifully reproduced illustrations by such artists as Ben Shahn and Romare Bearden.

Skipping Stones: A Multicultural Children's Quarterly

Even a doll can teach important lessons, as does this one from the HearthSong catalogue.

It's in the Mail

Children love catalogues (though they often end up wanting everything they see in them). Here are some mail-order companies that have stuff worth wanting:

AnimalTown. Nature-inspired and other noncompetitive games, books, and gizmos ranging from Mankala (the African stone game) to Let's Pretend kits. *PO Box 485, Healdsburg CA 95448; (800) 445-8642.*

Chinaberry Book Service. Some 100 annotated pages of books and tapes that "support families in raising their children . . . to be reverent, loving caretakers of each other and the Earth." *2780 Via Orange Way, Suite B, Spring Valley CA 91978; (800) 776-2242.*

HearthSong. Toys, crafts, books, and whatnot loaded with whimsy and warmth. *PO Box B, Sebastopol CA 95473-0601; (800) 325-2502.*

Klutz: The Flying Apparatus Catalogue. Offbeat and silly toys and games (the company's founders are jugglers): kooshes, icky stuff, joke items, and magic and juggling paraphernalia. *2121 Staunton Court, Palo Alto CA 94306; (415) 424-0739.*

Music for Little People. A vibrant collection of music and related paraphernalia: songbooks, instruments, tapes, and more. *Box 1460, Redway CA 95560; (800) 346-4445.*

Parents like to get interesting mail, too. These are a couple of publications that creatively support the parent-child connection:

The Joyful Child Journal. Spinning off from her *Joyful Child* book, editor Peggy Jenkins compiles articles on everything from building self-esteem to teaching values to creative play. There are also stories just for kids. *PO Box 5506, Scottsdale AZ 85261; (602) 951-4111. Quarterly; $18/year, $4.50/issue.*

Mothering. This magazine aims to "serve the healing of our Mother Earth through the healing of mothers." Supportive articles cover everything from natural birth and breastfeeding to alternative health care and surviving adolescence. For fathers, too. *PO Box 532, Mt. Morris IL 61054; (800) 424-3308. Quarterly; $22/year, $5.95/issue.*

COURTESY MATTHEW FARRUGIO/HEARTHSONG

encourages both cultural and linguistic diversity by inviting children around the world to contribute their own writing and artwork. The editors will also help your child find an international pen pal. Look for a special issue on Native Americans in summer 1992. *PO Box 3939, Eugene OR 97403; (503) 342-4956. Quarterly; $15/year. Back issues $4 ($5 airmail) each.*

And if your child is in a private school that's dragging its feet on multiculturalism, try to interest school officials in the **Multicultural Assessment Plan**, administered by the **National Association of Independent Schools** (NAIS). The voluntary self-study (which takes about six months) looks at all areas of the school—from administration to faculty to students to support services; NAIS will review your assessments and make recommendations. *For an information packet: NAIS Department of Diversity and Multicultural Services, 75 Federal St., Boston MA 02110; (617) 451-2444.*

EDUCATION

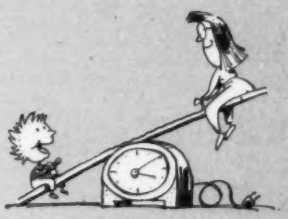
Lessons in Schooling

WHEN A CHILD REACHES school age, parents face reactions ranging from relief to concern. For those whose options are limited to public schooling, the latter sentiment often takes the lead. In **Savage Inequalities: Children in America's Schools** (Crown, 1991; $20), Jonathan Kozol paints a grim picture of the nation's segregated school system, in which quality of education—and, ultimately, of students' lives—is affected by the skewed allocation of funding and resources. Kozol (whose *Death at an Early Age* raised awareness about inner-city schools back in the '60s) hopes his recent book will also prove a rallying cry for change.

More optimistic is Edward B. Fiske's **Smart Schools, Smart Kids: Why Do Some Schools Work?** (Simon & Schuster, 1991; $21.95). Fiske, former education editor for *The New York Times*, believes that there is a grassroots revolution in education already under way—and points to some inspiring examples across the country of innovative schools that make the grade. Also geared toward raising hope is the video **Why Do These Kids Love School?**, produced by award-winning filmmaker Dorothy Fadiman. This documentary argues that it's not class size or budget that determine a school's effectiveness, but rather teachers' freedom to be innovators. Creative projects in both public and private schools are showcased. A good video to tote to your next PTA meeting. *Pyramid Film and Video, PO Box 1048, Santa Monica CA 90406; (800) 421-2304. One-hour video plus 26-page study guide: $95.*

Meriting author Kozol's high marks is the publication **Rethinking Schools**, an independent journal put out by Milwaukee-area classroom teachers. Drawing from sources across the country, the quarterly aims to promote

Savage Inequalities author Jonathan Kozol.



The Myth of Quality Time

According to Ron Taffel, author of **Parenting by Heart**, myths about the perfect parent deserve to be dismissed. Here's what he says:

Like so many ideas about good parenting, the notion of quality time actually ends up making parents feel even *more* guilty. Let's look at what most parents believe are the components of quality time:

Quality time needs to be "enriching." Many parents believe the purpose of spending time with kids is to somehow make them more competent.

Quality time should be stimulating. In our world, kids are constantly bombarded by frenetic imagery. Kids expect to be stimulated, and parents don't want to disappoint them.

Quality time has to be "special" time and/or it has to take a lot of time; it can never be just "ordinary" time. That, any savvy parent realizes, also translates into *expensive* time.

Quality time is more important for younger children. Because children seem to be plugged into the pop culture and peer networks at earlier and earlier ages, we underestimate their need to spend time with us.

Quality time means doing something that is interesting only to kids. We are emerging from a 30-year stretch of child-centered dogma. Everything we do as parents is "for the sake of the children."

How do I know that quality time *isn't* what the myth has you believe it is? Because parents and children have told me that quality time

- is rarely scheduled;
- usually grows out of ordinary, everyday events;
- almost never costs anything;
- is often an activity that parents like as much as kids do;
- is something preteens and adolescents end up loving—even if only in short spurts.

No matter how old they are, kids never grow out of needing this kind of quality time. Often, it simply boils down to a series of quality *moments*, moments when everything else is put aside. These are the sparks of connection and togetherness that increase children's feelings of security and dependability in a very shaky, helter-skelter world.

Adapted from Parenting by Heart: How to Connect with Your Kids in the Face of Too Much Advice, Too Many Pressures, and Never Enough Time, *by Dr. Ron Taffel with Melina Blau. Copyright 1991 by Dr. Ron Taffel. Used by permission of Addison-Wesley.*

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educational equity, support progressive values, and provide a voice for teachers, parents, and students. (Recent issues have covered such topics as tracking, examining stereotypes in stories and films, and unlearning myths.) Of particular interest is the September 1991 special edition magazine, **Rethinking Columbus**, which can be back-ordered. *1001 E. Keefe Ave., Milwaukee WI 53212; (414) 964-9646. Quarterly; $10/year; $2 single issue. "Rethinking Columbus" back-orders: $6/copy including shipping and handling; call for bulk prices.*

Another organization boosting parental involvement in education (whether public, private, or at-home) is the nonprofit **Alliance for Parental Involvement in Education** (ALLPIE). Through conferences, workshops, referrals, a book catalogue, and the newsletter **Options in Learning**, ALLPIE members find out about issues ranging from learning disabilities to forging parent-teacher partnerships. *PO Box 59, E. Chatham NY 12060-0059; (518) 392-6900. Membership: $20/year.*

And finally, the **Holistic Education Review** (quarterly; $26/year, $7 single issue) is a well-researched, somewhat scholarly journal offering articles on a wide variety of "all-person-centered" educational ideas. Spinoffs include the book **What Are Schools For?** ($18.95) by *Review* editor Ron Miller and the **Guide to Resources in Holistic Education** ($2), a comprehensive directory of alternative schools and other organizations. *39 Pearl St., Brandon VT 05733-1007; (802) 247-8312.*

ADVOCACY

Protecting Our Resources

As we teach our offspring to preserve the planet, we can also help protect the children who will be Earth's future guardians. Child advocates can find resources through the **Children's Defense Fund** (CDF), whose monthly newsletter *CDF Reports* ($29.95/year) offers news from around the country on "developments that shape the status of children." CDF also distributes a number of related books and guides, including the photo essay *Outside the Dream: Child Poverty in America* by Stephen Shames (CDF/Aperture Foundation, 1991; $21.95). *122 C St. NW, Washington DC 20001; (202) 628-8787.*

Another helpful resource is the **Children's Advocate**, a bimonthly, nonprofit newspaper covering a range of hard-hitting topics in such articles as "Bringing the World into the Math Class" and "The Politics of Children's Literature." *Action Alliance for Children, The Hunt House, 1201 Martin Luther King Jr. Way, Oakland CA 94612-1217; (415) 444-7136. Bimonthly; $18/year, sample copies $3.*

ADOLESCENCE

Can We Talk?

As any parent of a teen-ager knows, the Terrible Twos have nothing on adolescence. Most experts agree that the key to family survival during these transitional years is good communication. One innovative "self-discovery" program, **The Journey**, designed by David Oldfield, draws on the power of myth to help teen-agers confront the "necessary crises of adolescence" (see New Age Journal, November/December 1991). A companion workbook, **The Legacy**, encourages parents to answer probing questions about their own adolescence—and so increase understanding of what their children are going through. *For more information contact the Midway Center for Creative Imagination, 2112 F St. NW, #404, Washington DC 20037; (202) 296-4466.*

There are also a number of books out there offering advice on how to keep the lines open between you and your child. *Mothering* magazine's **Teens: A Fresh Look** edited by Anne Pedersen and Peggy O'Mara (John Muir Publications, 1991; $14.95) is a collection of essays about such topics as trust, sexuality, and responsibility. **Saying No Is Not Enough: Raising Children Who Make Wise Decisions About Drugs and Alcohol** by Robert Schwebel (Newmarket Press, 1991; $10.95) urges parents to teach self-esteem and problem-solving early on—and offers guidelines for becoming an "empowering family." Daniel Johnson's offbeat **Creative Rebellion: Positive Options for Teens in the '90s** (Mystic Garden Press, 1991; $11.95) tells teens that they themselves are "totally responsible for self-transformation or bending to destructive peer pressures." And finally, **Tough Questions: Talking Straight with Your Kids About the Real World** by Sheila and Celia Kitzinger (Harvard Common Press, 1991; $12.95) underscores the importance of open communication—even about such difficult subjects as sex, religion, and death—in laying a solid foundation for your relationship with your child all through the years.

"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. And while it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin, to break into print, to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 40 years of editing, publishing and teaching (and 53 books of my own), I can tell you this: You'll go a long way before you discover anything as rewarding as writing for children.

Your words will never sound as sweet as they do from the lips of a child reading your books and stories. And the joy of creating books and stories that truly reach young people is an experience you'll never have anywhere else.

The soaring children's market

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1.5 *billion* worth of children's books are purchased annually and more than 300 of the 500 publishers of books related to children welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues.

Yet two big questions bedevil nearly every would-be writer..."Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

This is our definition of a "qualified person": it's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. That's the only kind of person we're looking for at the Institute of Children's Literature®. The reasons are simple: Our reputation is built on success and if prospective students don't have the aptitude it takes, we probably can't help them. And we tell them so; it's only fair.

An old mansion nestled deep in the woods of Connecticut is the home of the Institute of Children's Literature. It was founded in 1969.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise:

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- I read it and reread it to get everything out of it you've put into it.
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- I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve.

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The proof of the pudding

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that some of our students break into print even before they finish the course.

Connie Wooldridge, Philipsburg, PA, who has sold two stories to *Highlights for Children* says, "As an at-home mother of four, I have so appreciated the way the Institute is set up: it has provided me with the professional contact and guidance I needed to get a serious start as a writer without the hassles of babysitters, long drives, and hard deadlines."

"—finally...the support and direction I needed."

"The letter with the return of my first assignment was so kind and encouraging I started to cry," writes E.D. Mahr, Hinsdale, IL. "Here, finally, was the support and direction I needed."

Ken Fleming, Staten Island, NY who reports a sale to *Cricket* Magazine says, "To know that more than 120,000 children will be reading my words gives me a feeling of great satisfaction. Thank you all for giving me so much for so little."

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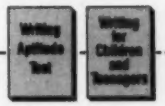

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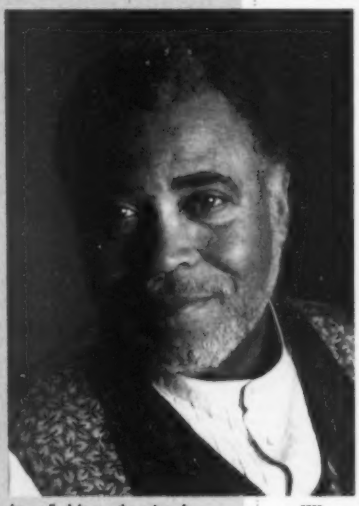
Alvin Tresselt, Dean of Faculty, was Executive Editor of Parents' Magazine Press, the first editor of *Humpty Dumpty's Magazine* for children, and a board member of the Author's Guild. His 53 books for young readers have sold over two million copies.

***The testimonials in this ad were provided voluntarily, without remuneration, by the Institute's students between 1985 and 1991.**

TV or Not TV?

Tired of wrestling the remote control from your diminutive schlock-show junkie? Thanks to PBS, there are some programs (even for the post-*Sesame Street* set) that won't make you cringe.

Newly transported from the world of computer games is Carmen Sandiego, arch thief and star of Where In the World Is Carmen Sandiego? The raucous half-hour game show (geared to ages 8 through 13) brings on three young "gumshoes," who use clues to track a gang of outlaws around the globe. Contestants must draw on their knowledge of geography to solve the case—and win a trip anywhere in the continental United States. Another PBS best is Long Ago & Far Away, narrated by James Earl Jones. Designed for children aged 5 to 9 (but appealing to anyone), the acclaimed series uses state-of-the-art animation to bring timeless children's stories to life. *Check your local TV listings or call your local PBS station.*



James Earl Jones, the voice of PBS's *Long Ago & Far Away*.

If your child's channel-selector finger keeps veering away from PBS, you might want to pick up Taming the Wild Tube: A Family's Guide to Television and Video by Robert L. Schrag (University of North Carolina Press, 1990; $19.95). Arguing that, with parental involvement, TV can do good as well as harm, the author holds some 100 children's shows and videos up for review.

Still not satisfied with the state of children's TV? Contact Action for Children's Television. To encourage diversity and discourage deceptive advertising on the small screen, the nonprofit child-advocacy group publishes materials, provides speakers, promotes legislation, files petitions, and grants awards to TV programmers who do it right. *20 University Rd., Cambridge MA 02138; (617) 876-6620.*

Sometimes there's nothing (in your opinion) on TV, but your child still craves an electronic fix. Before you crank up the VCR, consider turning on the radio. Granted, children's radio programming is limited—but worth supporting when it's there. The Children's Music Network (CMN) has a national listing of radio programs for youngsters (inquire via phone number below); members also receive a newsletter, Pass It On!, full of music resources. *PO Box 307, Montvale NJ 07645; (617) 899-5053. Membership: $25/year (sliding scale available).*

And finally—when you want to turn it off and *keep* it off, check out What to Do After You Turn Off the TV by *Diet for a Small Planet* author Frances Moore Lappé (Ballantine, 1985; $7.95). Suggested tube-free activities range from arts and crafts to card games to baking to just sitting around telling stories.

CREATIVITY

For the Fun of It

Often, the best way to communicate with your child is simply to do something together that you both enjoy. If you're stuck for ideas, there's a wealth of resources available to help boost your imagination. Mona Brookes, author of the best-selling *Drawing with Children*, has recently come out with **Drawing for Older Children & Teens: A Creative Method for Adult Beginners, Too** (Jeremy P. Tarcher, 1991; $22.95). Through Brookes's time-tested methods, virtually anyone can learn to draw—by first learning how to *see*. Ways of seeing is also the theme of **Come Look with Me: Enjoying Art with Children** by Gladys S. Blizzard (Thomasson-Grant, 1990; $12.95). This welcoming book presents 12 beautifully reproduced paintings, as well as suggested questions—a welcome tool for any parent who's schlepped a resisting child to an art museum.

The written word draws families together in **Families Writing** by Peter R. Stillman (Writer's Digest Books, 1989; $15.95). With wit and warmth, Stillman suggests scores of ways—from journal-keeping to writing greeting cards—to help families record their special moments. It's the *spoken* word that tells the tale in **Awakening the Hidden Storyteller: How to Build a Storytelling Tradition in Your Family** by professional storyteller Robin Moore (Shambhala, 1991; $15). In his substantial book, Moore guides parents and children in creating, telling, and listening to stories as a way of bonding generations and recovering lost family memories. Also promoting the oral tradition is **Yellow Moon Press**, whose catalogue is brimming with storytelling books and tapes, including multicultural resources. *PO Box 1316, Cambridge MA 02238; (617) 776-2230.*

Don't be put off by the title of **Playing Smart: A Parent's Guide to Enriching, Offbeat Learning Activities for Ages 4–14** by Susan Perry (Free Spirit Publishing, 1990; $12.95). The reams of activities in here—including cooperative games and multicultural endeavors—are imaginative and fun, not just educational. And finally, don't miss **Awakening Your Child's Natural Genius: Enhancing Curiosity, Creativity, and Learning Ability** by Thomas Armstrong, (Jeremy P. Tarcher, 1991; $12.95). His hundreds of suggestions and resources are aimed not at churning out little prodigies, but at nurturing the innate brilliance within every child.

Teri Keough is a contributing editor of NEW AGE JOURNAL.

Awakening creativity: A flute from the Music for Little People catalogue.

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PARENTING AND KIDS

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Alpha, Beta & Gamma, A Small Story, by Sharon Good. Sentari is a perfectly orderly planet until Alpha, Beta and Gamma accidentally invent the hug, and we see that sometimes imperfect is the perfect thing to be! This adorable, illustrated tale will enchant readers of all ages. **$6.95 + $1** postage. **Excalibur Publishing, (800) 345-6665.** *For a FREE catalog circle no. 1202.*

202

Make a Difference Now! Interested in making a difference in your child's education? Not sure how? **I wonder... Discovering the Wonder of Knowledge** focuses on helping busy parents raise smart, successful children.

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204

Moonflower Birthing Supply provides alternative health products for childbirth professionals and parents from conception to toddlerhood. Parents will be especially interested in our child carriers, lambskins, cotton diapers and covers, baby gifts, herbal products, homeopathic products, childbirth videos and books, a low-cost earscope, breastfeeding products, and books on immunization. **Free** Catalog.

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NATURPATH *Devoted to helping nature naturally.* We offer a full line of home-birth and midwifery supplies, pregnancy and parenting books, as well as natural baby items including Nikky and AWARE products and Dovetails—100% biodegradable disposable diapers. **Free** catalog, **(800) 542-4784.**

Naturpath

206

ADOPTION & INFERTILITY BOOKS for children, teens, and adults. Our catalog contains over 90 titles with a complete description of each book. We offer friendly, prompt service for your mail or telephone orders. Catalog **$2. Adoption Book Catalog,** PO Box 173, Dept A-3, Ringoes NJ 08551.

Adoption Book Catalog

207

Learn & Grow with Real Tools for Children. We carry a complete line of quality products sized & weighted for young children. For gardening, carpentry, & helping around the house, these functional tools are thoughtfully made for safety & easy handling. Our fall line includes child-sized rakes, hoes, spades, colorful wheelbarrows, & supple pigskin gloves. When small hands have big jobs, *get real tools for children.* **Free** catalog: **(408) 286-9770.**

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Healthy Home

Making your house safe for yourself —and the planet.

BY JONATHAN ADOLPH

BOOKS

Home, Natural Home

OUR HOMES DO MORE THAN simply shelter us from the elements. Ideally, they serve as a sanctuary for family and friends, an escape from the stress and distraction of the outside world. Recently, however, our homes have been linked to a range of disturbing environmental problems and health threats, from radon to lead paint to household toxics. The following resources will help you determine if your home is "unhealthy"—and help you return it to the natural sanctuary it was meant to be.

Healthy Homes, Healthy Kids: Protecting Your Children from Everyday Environmental Hazards by Joyce M. Schoemaker and Charity Y. Vitale (Island Press, 1991; $12.95). A thorough and readable resource covering a wide range of all-too-common household hazards, from lead paint to garden pesticides to radon.

Nontoxic, Natural, and Earthwise by Debra Lynn Dadd (Jeremy P. Tarcher, 1990; $12.95). The most recent guide by the godmother of natural living, who at one time was virtually incapacitated by the common household chemicals around her.

Greenkeeping: An Environmental Consumer's Guide edited and published by Annie Berthold-Bond. Slim but engaging new magazine from the author of **Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping** (Ceres Press, 1990; $8.95) offers numerous helpful articles on green living and ecological issues, with an emphasis on practical how-to information. *Box 28, Annandale-on-Hudson NY 12504; (914) 246-6948. Bimonthly; $22.50/year.*

The Healthy Home: An Attic-to-Basement Guide to Toxin-Free Living by Linda Mason Hunter (Rodale Press, 1989; $21.95). Wide-ranging reference text, with checklists.

The Healthy House: How to Buy One, How to Cure a "Sick" One, How to Build One by John Bower (Lyle Stuart, 1989; $17.95). A detailed examination of healthy construction options from the perspective of a builder and designer.

A Home Buyer's Guide to Environmental Hazards. This 41-page government pamphlet provides a cursory exploration of a number of common worries, including radon, asbestos, lead, and hazardous wastes. *Available through the Consumer Information Catalog, Pueblo CO 81009; (719) 948-4000.*

Healthy House: The Complete Home Safety Guide by Dr. Shirley Linde (John Wiley and Sons, 1992; $22.95). A comprehensive guide to curing sick house syndrome, developed in conjunction with the Environmental Protection Agency.

A garageful of natural building products are now available through the Natural Choice catalogue and other suppliers.

BUILDING MATERIALS

Are There Skeletons in Your Garage?

ARGUABLY THE MOST UNhealthy places around any house are garages and work-

Are You Sitting Down?

Even a natural home owner has to take a break now and then, and what more appropriate place to kick back than on natural furniture—a couch, say, made from sustainably harvested wood, finished with plant-based materials, and with cushions made from untreated, prewashed cotton fabric and stuffed with organic wool and cotton. Pure Podunk, a supplier of ecological home products and natural fibers and fabrics, offers just such a couch, as well as chemical-free rugs (handspun yarn and fleece woven on a pure linen warp), organic cotton sheets, and much more. *Old Schoolhouse Center, Route 132, Sharon VT 05065; (800) 776-3865. In Vermont: (802) 763-8651.*

And beginning in the spring of 1992, similar furnishings and other home products will be available through World-Wise, a new natural-product supplier being launched by author Debra Dadd. *341 Third St., Suite 201, San Rafael CA 94901; (415) 485-2882.*

COURTESY NATURAL CHOICE

shops, home to a range of hazardous materials, from automotive fluids to mineral spirits to pressure-treated lumber. Less toxic alternatives to many of these products are available, however, a number of which perform as well as or better than their conventional cousins. A sampling:

PAINTS, GLUES, AND POLISHES

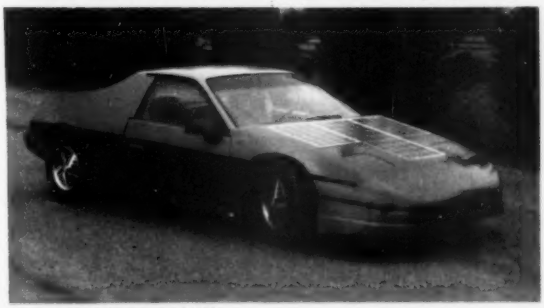
Many conventional woodworking products contain chemicals and solvents that may cause problems for sensitive people—as well as for the environment, should they be disposed of improperly. For healthier alternatives, contact **Sinan Company: Natural Building Materials**, which carries the Auro line of strictly natural paints, waxes, lacquers, varnishes, glues, and polishes. *PO Box 857, Davis CA 95617-0857; (916) 753-3104.* **Natural Choice** offers the Livos PlantChemistry line of ecologically sound products, including paints, varnishes, and furniture polish. *1365 Rufina Circle, Santa Fe NM 87501; (505) 438-3448.* **AFM Enterprises** carries paints, cleaners, and building products for the chemically sensitive. *1140 Stacy Court, Riverside CA 92507; (714) 781-6860 or 6861.*

AUTOMOTIVE MATERIALS

Each year some 35 million new cars enter the world, bringing with them trunkfuls of ecological problems. Considering how we've built our cities and transportation systems, however, breaking our dependency on the car won't be easy. What can we do in the meantime? In **Car Tips for Clean Air: How to Drive and Maintain Your Car to Cut Pollution *and* Save Money** (Perigee, 1991; $8.95), author Robert Sikorsky offers a new credo: "Maintenance, once the option of a car owner, should become a sacred responsibility." His helpful text offers a host of ecological tips for car drivers who yearn to breathe free.

An even cleaner option for drivers is the electric car, now being developed—and in some cases, sold—by a number of manufacturers (California recently passed a law requiring that by 1998 2 percent of automaker sales must be "zero-emission vehicles"—an ordinance that has fueled something of an electric car renaissance.) The first production solar-electric sports car, the Destiny 2000, manufactured by **Solar Electric Engineering**, for example, seats five passengers, can easily reach 60 mph, and—even counting emissions from power plants—is 90 percent less polluting than gas cars. *116 Fourth St., Santa Rosa CA 95401; (800) 832-1986.* Also in production is the Force, from **Solectria**, whose four-seat version can be had for $20,000. *27 Jason St., Arlington MA 02174; (617) 894-6670.*

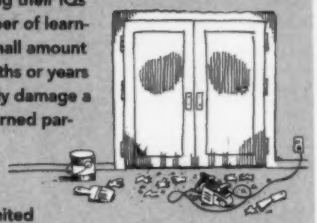
Those of us still hooked on petrochemicals can strive nonetheless to make our vehicles "greener." Consider, for example, **recycled motor oil**, available through the **Seventh Generation** catalog. Making a quart of motor oil requires more than ten gallons of virgin oil, but it takes only half a gallon of re-refined oil to produce a quart of this high-quality re-



Mean and clean: The Destiny 2000.

Getting the Lead Out

It's been called a silent epidemic, but lead poisoning is more a manmade disaster than it is a natural disease. For years added to paint, gasoline, food containers, and building materials, lead in high doses can cause organ damage and death, but today it's taking a toll primarily on our children's minds, lowering their IQs and increasing the number of learning disabilities. Just a small amount ingested daily over months or years is enough to permanently damage a child. Here's what concerned parents can do:



Test your house. The major source of lead poisoning in the United States today is lead paint, present in nearly all houses built before 1950 (its use was all but phased out in 1977). Other sources include lead in water pipes or fixtures; soil contaminated by car exhaust, paint chips, or lead-based insecticide; imported ceramic ware; and nearby industry. Home testing kits for paint, water, and ceramics can be purchased at hardware stores or directly from manufacturers. Two evaluated by *Consumer Reports*: LeadCheck Swabs, *(800) 262-LEAD*, and Frandon Lead Alert, *(800) 359-9000*. National Lead Watch also offers testing of paint, soil, and water, for between $28 and $32. *PO Box 2236, Fairfield IA 52556; (800) 531-6886.*

Beware of chipping and flaking paint. Keep children and their toys away from sources of paint dust such as windowsills. Regularly wet mop—don't vacuum—the chips and dust with a high-phosphate cleaner such as trisodium phosphate. Pay particular attention to trim and molding that children can get their mouths on.

Keep Clean. Wash your children's hands, frequently. Make sure they put only safe, clean items in their mouths.

Screen children for lead. Ask your doctor about annual blood testing.

If you elect to have the lead paint removed, consult with a specialist. A botched removal can create even greater hazards.

Don't store food in open cans. Lead may leach from the solder in the seams.

Feed your kids well. Eating a high-calcium, high-iron diet can help inhibit a large uptake of lead.

Take extreme care when renovating. Nearly a third of the children treated at one Boston lead clinic were reportedly poisoned during house renovation.

Let the water run. If lead levels in tap water are high as a result of plumbing, flush out the accumulated lead first thing in the morning by letting the water run for several minutes.

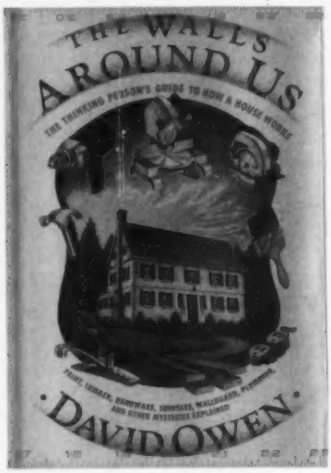
Wipe your feet. Better yet, take off your shoes. Carpets, especially deep pile, can trap contaminated soil and pose a risk to crawling children.

Gardeners, test your soil. Plant food crops away from painted buildings and busy roads.

For more information, send a SASE to the Alliance to End Childhood Lead Poisoning, 600 Pennsylvania Ave. SE, Suite 100, Washington DC 20003.

ILLUSTRATION: JEM SULLIVAN; PHOTO: COURTESY SOLAR ELECTRIC ENGINEERING

cycled stuff. The company also offers a **nontoxic windshield cleaner** (free of methanol, which adds to smog as it evaporates). *Seventh Generation: Products for a Healthy Planet, Colchester VT 05446-1672; (800) 456-1177.* Similarly, the Dallas-based **Chief Auto Parts, Inc.**, has recently come out with a **nontoxic antifreeze** that substitutes harmless propylene glycol for the highly poisonous ethylene glycol. (That's good news for animal lovers: Cats and dogs are inexplicably attracted to the sweet smell of ethylene-glycol antifreeze, and many have been poisoned by the chemical.) *Chief Auto Parts, Inc., 15303 Dallas Pkwy., Suite 800, Dallas TX 75248; (214) 404-1114.*



David Owen's celebration of home repair.

SOLVENTS

Need a heavy-duty solvent for cleaning greasy tools, removing tar stains, even dissolving chewing gum from your carpet? An amazingly effective alternative to petroleum-derived products is the natural terpene found in the peels of oranges. It's now available in products such as **Citra-Solv** (*sold at health-food stores, home care centers, and through several mail order catalogues; manufactured by Chempoint Products, a division of HPM Corporation, 543 Tarrytown Rd., White Plains NY 10607*) and **Leinos** citrus thinner (*available through the Natural Choice catalogue, see above*).

LUMBER

These days, even a trip to the lumber yard has health implications. That tough and weatherproof "treated" wood, for example, has probably been impregnated with chromated copper arsenate, which preserves it from the elements and insects, but can also pose health risks. You should always wear dust masks and goggles when working with it, wash your hands afterward, and never use it for surfaces that come in contact with food, such as picnic tables. John Bower, author of *The Healthy House* (see above), says he also has serious reservations about using it where children will be in close contact with it, such as for playground equipment and decks. One alternative he suggests is called **Tim-Bor DPT**, manufactured by **U.S. Borax**. Though less toxic than other treatments, the borate preservative is also water soluble and thus can't be used in direct contact with the ground. *U.S. Borax and Chemical Corp., 3075 Wilshire Blvd., Los Angeles CA 90010; (213) 251-5400.*

Using lumber also raises ecological questions. One group working on alternatives to the all-too-common clear-cut harvesting methods and developing a seal of approval for ecologically grown wood is the **Institute for Sustainable Forestry**. *PO Box 1580, Redway CA 95560; (707) 923-4719.*

MANUALS

The Zen of Repair

No healthy home owner's library should be without **Reader's Digest's New Complete Do-it-yourself Manual** (Reader's Digest, 1991; $30), now updated for the '90s with information on saving energy and water, furnace efficiency, insulation, programmable thermostats, passive solar heating, and more. A home repair classic, with more than ten million copies sold since it was first published in 1973, this instructional encyclopedia is the next best thing to a handyman friend.

And after a hard winter weekend of weather stripping, sit back and be informed—and entertained—by literary journalist David Owen's celebration of home repair, **The Walls Around Us: The Thinking Person's Guide to How a House Works** (Villard Books, 1991; $21). Whether he's recounting the history of paint or how he discovered the joys of joint compound, Owen's construction stories are the most engaging this side of the canteen truck.

YARD CARE

Landscaping for the Birds (and Rabbits, and Butterflies...)

With the help of the **National Wildlife Federation**, you can turn your neck of the woods into a registered backyard wildlife habitat. Some 11,000 participants in the program have already done just that—planting the trees, shrubs, and cover that animals love; letting dead trees remain for nest sites; providing water for creatures in winter; and so on. *For a free introductory information sheet (item # 76101) or for a packet containing a brochure, program application, and* The Backyard Naturalist *by Craig Tufts (item #79919; $4.95), contact the Backyard Wildlife Habitat program, National Wildlife Federation, 1400 16th St. NW, Washington DC 20036-2266; (800) 432-6564.*

Such habitat creation is all the more important in light of recent research by Dartmouth ecologist Richard Holmes, who links the decline of migrating songbirds to wide-scale habitat destruction—not in the rainforests, as many biologists theorized, but in eastern North America. The reason: Clearing the land for development projects has reduced the number of suitable nesting areas. A report on the findings appears in **Ecology and Conservation of Neotropical Migrant Landbirds** (Smithsonian Institution Press, 1992). To further assist your avian neighbors, contact the **National Bird-Feeding Society**, a nonprofit consumer organization dedicated to the preservation of

Natural Air Fresheners

These days, there's more reason than ever to thank a green plant. According to research conducted by retired NASA scientist Bill Wolverton, a number of common houseplants actually scavenge the air of harmful chemical fumes and toxins. Some removed as much as 96 percent of the gas from a sealed chamber over 24 hours. The top performers, by gas:

Carbon Monoxide: spider plant (*Chlorophytum elatum*), golden pothos (*Epipremnum aureum*).

Benzene: English ivy (*Hedera helix*), peace lily (*Spathiphyllum "Mauna Loa"*), Marginata (*Dracaena marginata*).

Formaldehyde: spider plant (*Chlorophytum elatum*), mass cane/corn cane (*Dracaena massangeana*), golden pothos (*Epipremnum aureum*).

Trichloroethylene: potted mum (*Chrysanthemum morifolium*), peace lily (*Spathiphyllum "Mauna Loa"*), Warneckii (*Dracaena deremensis "Warneckii"*).

THERE'S MORE TO YOUR MAKEUP THAN MEETS THE EYE.

If you knew the truth, you couldn't look at yourself in the mirror. Millions of animals needlessly suffer and die as a result of toxicity testing for cosmetics and household products. You can help put a stop to this by choosing cruelty free products. The National Anti-Vivisection Society believes that an educated consumer is the key to bringing about important changes.

For a comprehensive listing of manufacturers who do and do not test on animals, send for the NAVS Catalog, Personal Care with Principle.

- ❑ I'd like to learn more. Enclosed is my $4.00 for the Personal Care with Principle Catalog.
- ❑ I'd like to help. Here's my tax deductible* contribution of $_____. Please send my catalog.
- ❑ Please enroll me in the NAVS. Please send my complimentary catalog.
  - ❑ Individual Membership - $15 ❑ Family Membership - $25 ❑ Student/Senior Membership - $10
  - ❑ Life Membership - $100 or more

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Address_____

City / State / Zip_____

Mail to: **National Anti-Vivisection Society, 53 W. Jackson Blvd., Chicago, IL 60604-3795**
For more information, call 312-427-6065. 21PCM

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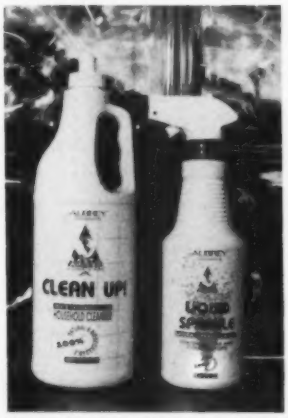
Clean Up! is our all-purpose household cleanser that's 100% natural and biodegradable. Look what's in it: coconut oil soap, Quillaya bark extract, aloe vera, wheat protein and herbs and oils.

Liquid Sparkle is a natural spray cleaner for glass, tile and floors. It contains some of the above natural ingredients, along with eucalyptus for a fresh, clean smell.

So, clean all you want with **Earth Aware's Clean Up! and Liquid Sparkle**. You'll have a clean house, as well as a clean conscience. All from Aubrey Organics, a company you've come to trust for a quarter of a century.



Show you care—Use Earth Aware

AUBREY ORGANICS, INC.
4419 N. Manhattan Ave. Tampa, FL 33614
or call 1-800-AUBREY H (1-800-282-7394)

backyard songbirds. The group publishes a quarterly newsletter full of feeding tips, such as the simplest and least-expensive way to offer suet (in plastic mesh onion bags), and noteworthy birding news. *Send SASE to NBFS, 1163 Shermer Rd., Northbrook IL 60062-4538.*

Unfortunately, many US backyards—as well as public parks and schoolyards—are now treated with lawn chemicals, a number of which are potentially hazardous to

Make a woodpecker happy: Suet in an onion bag.

wildlife, pets, and people, especially children. One group sounding the alarm is the **National Coalition Against the Misuse of Pesticides**, "a voice for pesticide safety and alternatives." The group publishes a valuable newsletter five times a year, **Pesticides and You**, which features legislative updates, profiles of various pesticides, and news from the increasingly disturbing world of household chemicals. The group has also recently issued **Safety at Home: A Guide to the Hazards of Lawn and Garden Pesticides and Safer Ways to Manage Pests**, available for $11(postage included). *701 E St. SE, Suite 200, Washington DC 20003; (202) 543-5450.* Also providing fact sheets, support, and networking assistance is **Help Eliminate Lawn Pesticides**, a grassroots group founded by Buffalo, New York, activist Karen Blake after she was stricken with headaches, nausea, and weakness that she traced to the use of lawn chemicals in her neighborhood. *7898 Boston State Rd. #53, Hamburg NY 14075; (716) 649-2834.* For a catalogue chock full of resources on least-toxic pest management, as well as lists of suppliers of products and beneficial insects, contact the **Bio-Integral Resource Center**. *PO Box 7414, Berkeley CA 94707; (414) 524-2567. $1 for catalogue.*

Could local industries be polluting your yard's environment? The **Environmental Protection Agency's Emergency Planning and Community Right-to-Know Hot-**

COURTESY NATIONAL BIRD-FEEDING SOCIETY

line can help direct you to the agencies that would know. *Call (800) 535-0202.*

ELECTRO-POLLUTION

The Power to Harm?

COULD THE SEEMINGLY INNOCUOUS alarm clocks, computers, televisions, and ubiquitous power lines all around us actually be giving us cancer? Recent studies have made that link—and more work is under way. The foremost newsletter covering this fast-emerging field is **Microwave News**, which investigates the latest research, tracks relevant legislation, and generally keeps its finger on the pulse of the non-ionizing radiation world. *PO Box 1799, Grand Central Station, New York NY 10163; (212) 517-2800. Bimonthly; $285/year.* Publisher Louis Slesin also puts out **VDT News**, which covers radiation issues as well as other health matters pertaining to computer use. *Bimonthly; $87/year.* For a list of suppliers of **gauss meters**, which measure electomagnetic fields, send a SASE and $1 to the above address.

Several recent books provide important background for the layperson: Paul Brodeur's **Currents of Death: Power Lines, Computer Terminals, and the Attempt to Cover Up Their Threat to Your Health** (Simon & Schuster, 1989; $22.95) and two books by Robert Becker, M.D., **The Body Electric: Electromagnetism and the Foundation of Life** with Gary Selden (Morrow, 1985; $10.95), and **Cross Currents: The Perils of Electropollution and the Promise of Electromedicine**, now in paperback (Jeremy P. Tarcher, 1990; $12.95).

Also of note are two information-packed if turgid government documents. One is **Biological Effects of Power Frequency Electric and Magnetic Fields**, a background paper from the Office of Technology Assessment released in May 1989. *Government Printing Office, (202) 783-3238. $4.75.* The other is from the Environmental Protection Agency: **Evaluation of the Potential Carcinogenicity of Electromagnetic Fields**, released in October 1990. *Document number PB 91-133231; available from the National Technical Information Service; (800) 553-6847. $43.*

Also helpful is **Electric and Magnetic Fields From 60 Hertz Electric Power: What Do We Know About Possible Health Risks?** by researchers at Carnegie Mellon University. *EMF Brochure, Department of Engineering and Public Policy, Carnegie Mellon University, Pittsburgh PA 15213. $3.50.*

DESIGN

Deep Home Ecology

WHEN TAKEN TO DEEPER LEVELS, THE TASK of creating homes that encourage good health and restore the spirit can become an art. And in other cultures, it has. The Chinese practice an ancient art of interior design called *feng shui;* in India, the art of building with nature is known as *sthapatya-veda;* and in Germany, many of the innovations in natural home products have grown out of the *bau-biologie* (building biology) movement.

Two books that serve as an introduction to the esoteric and often puzzling field of **feng shui** are by New York feng shui practitioner Sarah Rossbach: **Interior Design with Feng Shui** (Arkana, 1991; 12.95) and **Feng Shui: The Chinese Art of Placement** (Arkana, 1991; $9.95). Both describe how the placement of furniture and the arrangement of rooms in our houses can supposedly influence our health and luck, by blocking or encouraging the flow of *chi,* or vital energy. A leading speaker and teacher in the field is Professor Lin Yun, founder of the Yun Lin Temple. *Yun Lin Temple, 2959 Russell St., Berkeley CA 94705; (415) 841-2347.*

Sthapatya-Veda, now being revived by Maharishi Mahesh Yogi, founder of transcendental meditation, is described as a holistic approach to architecture and city planning that takes into account the forces and laws of nature. The practice emphasizes such things as the use of natural materials, energy efficiency, good ventilation, and the proper orientation of rooms to make the best use of sunlight. *Maharishi Sthapatya-Veda Institute of North America, 200 E. Briggs, Fairfield IA 52556; (515) 472-4561.*

Similarly, Germany's **bau-biology** emphasizes the use of building materials whose manufacture and application will not harm the health of the planet or people. The movement has given the world products such as paints made from plant resins and glues that do not emit harmful vapors. Many products and techniques have been successfully introduced in the United States (see Sinan Company paint catalog, above). **The International Institute for Bau-biologie and Ecology** also offers a correspondence course for builders, architects, and others concerned about indoor health issues. *Box 387, Clearwater FL 34615; (813) 461-4371.*

Jonathan Adolph is NEW AGE JOURNAL'*s senior editor.*

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Activism

How to stand up and make a difference in the world.

BY JONATHAN ADOLPH

SERVICE

Ram Dass on Compassion

IN THE LATE '60S ON A TRIP TO India, Harvard professor Richard Alpert met Neem Karoli Baba. He was so impressed with the guru that soon thereafter Alpert became "Ram Dass" and began living by the calling of his new name: "Servant of God." In the two decades since then, Ram Dass has done volunteer work with prisoners, teen-agers, people with AIDS, the homeless, and ecological groups.

Through the **Seva Foundation** (*108 Spring Lake Dr., Chelsea MI 48118-9701; 800-223-SEVA*), which he helped found, he has assisted Guatemalan refugees and the blind in India and Nepal. He is the author, with Paul Gorman, of the classic service book **How Can I Help?** (Alfred A. Knopf, 1987; $6.95) and now has written, with Seva's Mirabai Bush, **Compassion in Action: Setting Out on the Path of Service** (Bell Tower/Harmony Books, 1992; $11).

The following works are selected from Dass's bibliography on compassion:

The Words of Gandhi by Richard Attenborough (Newmarket Press, 1982; $12.95).

The Path of Compassion: Writings on Socially Engaged Buddhism edited by Fred Eppsteiner (Parallax Press, 1988; $14).

A Spirituality Named Compassion by Matthew Fox (HarperSanFrancisco, 1990; $12.95).

The Power of the Poor in History by Gustavo Gutierrez (Orbis Books, 1983; $13.95).

Kindness, Clarity, and Insight by Tenzin Gyatso, the Fourteenth Dalai Lama (Snow Lion Publications, 1984; $12.95).

In the Footsteps of Gandhi: Conversations with Spiritual Social Activists by Catherine Ingram (Parallax Press, 1990; $15).

Being Peace (Parallax Press, 1987; $9) and **Peace Is Every Step** (Bantam, 1991; $8.50) by Thich Nhat Hanh.

BOOKS

Wide World of Problems

A NUMBER OF SOCIAL observers have made the case that the planet's many problems are best approached not as individual issues, but as interconnected parts of a whole. Two new collections of essays help

Vietnamese monk-activist Thich Nhat Hanh, author of *Being Peace*.

Turning the Tide

The following statistics, from the 1990 beach cleanup organized by the Center for Marine Conservation, suggest what is possible through the power of volunteer activism:

Number of volunteers	108,749
Pounds of trash removed from US and international beaches	2,645,283
Miles of coastline cleaned	3,720
Cost of the work, had the volunteers been paid minimum wage of $4.25	$1.3 million

Number of items found:	
cigarette butts	531,828
plastic food bags	178,856
styrofoam cups	117,672
pull tabs	36,328
fast-food containers	34,139
bleach bottles	22,071
tampon applicators	17,125
plastic diapers	9,425
tires	7,772
condoms	3,741
syringes	3,738
fluorescent light tubes	3,210
rusty 55-gallon drums	2,329
hard hats	964
bras, G-strings, teddies	33
kitchen sinks	10
total number of debris items collected	4,227,791

The clean-up is held each year. For the name of the coordinator in your state, contact the International Coastal Clean-up, Center for Marine Conservation, 306A Buckroe Ave., Hampton VA 23664; (804) 851-6734.

KAREN HAGEN LISTE

elucidate this multifaceted nature of our predicament. **The World Watch Reader: On Global Environmental Issues** edited and with a foreword by Lester R. Brown (W. W. Norton and Company, 1991; $10.95) is a compilation drawn from articles appearing in the highly informative *World Watch* magazine, published by the Washington-based research institute of the same name. As is typical of Worldwatch publications, this book is packed with essential information, covering issues ranging from the greenhouse effect and world hunger to nuclear power and population control. *Worldwatch Institute, 1776 Massachusetts Ave. NW, Washington DC 20036; (202) 452-1999.*

Also noteworthy is **The Green Reader: Essays Toward a Sustainable Society** (Mercury House, 1991; $11.95), edited by Andrew Dobson and featuring essays by naturalists, social critics, and philosophers such as Fritjof Capra, Edward Abbey, E. F. Schumacher, and Kirkpatrick Sale. A critique of our technological society, but also a blueprint for change and a vision of where we must go, the *Green Reader* ultimately inspires by showing how a sustainable society is indeed possible—perhaps even within our grasp.

RESTORATION

Seeing the Forest for the Trees

AN ANCIENT CHINESE PROVERB says that a person must do three things to live a full life: plant a tree, write a book, and have a child. Today, the last two may not be for everyone, but planting a tree is still simple, practical, fulfilling—and more needed than ever. "Against the backdrop of the many developments contributing to the environmental degradation of the planet—shrinking forest cover, crop land degradation, growing population, accumulation of greenhouse gases, and a thinning stratospheric ozone layer —no single action can turn the tide," note long-time arboreal activists Andy and Katie Lipkis in their tree-planter's bible, **The Simple Act of Planting a Tree: Healing Your Neighborhood, Your City, and Your World** (Jeremy P. Tarcher, 1990; $12.95). "Yet, planting trees and nurturing them to maturity is one thing an individual can do to put society on the track to a sustainable future." Toward that end, the Lipkises and their urban forestry clearinghouse, **TreePeople**, offer information and resources for groups and individuals starting tree-planting groups in their neighborhoods. *12601 Mulholland Dr., Beverly Hills CA 90210; (818) 753-4600.*

Working along similar lines is the **American Forestry Association**, the nation's oldest citizens' forest conservation organization and the founder of **Global Releaf**, an education and action campaign that has brought new attention to the environmental benefits of trees. The group hosts conferences—including last November's Fifth National Urban Forest Conference in Los Angèles—and sponsors the annual Giono Award, named for Jean Giono, author of the **The Man Who Planted Trees** (Chelsea Green, 1985; $6.95), and given to individuals who have improved the environment by planting and caring for trees (nominees are suggested by the public). *PO Box 2000, Washington DC 20013; (202) 667-3300.*

Perhaps no tree is in greater need of planting than the American elm, whose graceful presence once lined the streets of nearly every small town in the United States. Its demise began in 1932 with the outbreak of Dutch elm disease in the Ohio River Valley. The deadly fungus rapidly spread from tree to tree, carried by clouds of tiny, windblown beetles. By the '70s, some 100 million trees across the country had been lost. Now the

The Art of Effective Complaining

BY KAREN CHRISTENSEN

Many people, particularly women, find it hard to say that they don't like something and want it changed. Yet all of us have environmental and social concerns that we need to voice. Instead of going home and complaining to your spouse or the cat, try to express yourself to someone who can change things. It's a way of taking control and saying that you're not going to be a victim—of stupidity or bad workmanship or false advertising—and that you are going to stand up for those who cannot speak for themselves. Some things to remember:

Think before you speak. Make a few notes to organize your thoughts. If you are very nervous, go away and calm down, drink a glass of milk, and think about what you want to say.

Keep your voice low and calm. Breathe. And speak slowly. Don't be afraid to get angry, but stay in control of your words and your voice. Take the moral high ground. Be indignant. People respond when you say, "This is wrong!"

Take a friend along if this will give you confidence. (I find that having my children with me is a great incentive to being absolutely clear in what I say.) Don't launch into your speech before checking that you've got the right person. Insist on speaking to someone with authority. I've made the mistake of launching into an argument with the new receptionist, and starting over is hard work. Don't attack the person. I often say, "I know this isn't your fault, but it isn't right and I want something done about it. Who has the authority to do something?"

Ask questions: Why is it done that way? How bad do things have to get? What can you do about this?

Take out a notebook and get the name and number of the person you are talking to. Write down the time and location, and details of your conversation. Offer to read your notes aloud to confirm the details. End the conversation with courtesy. You may still feel angry and frustrated, but even a diehard polluter should be treated as a human being.

Remember, you don't have to succeed for an action to be worth trying. You have shared your ideas and perhaps planted a seed. Think about what went wrong and how you could do better next time. You can even go back and continue the argument. You may get action simply because they get tired of talking about it.

Adapted from Move Your Message: Words to Change the World, *forthcoming from Four Walls Eight Windows (1992).*

JEM SULLIVAN

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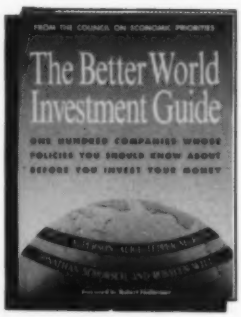

Whether you're an investor or a consumer, you'll be fascinated by the in-depth company profiles in *The Better World Investment Guide* (1991; 528 pp.) From AT&T to Xerox, it takes you behind the glossy advertising and shows you how 100 corporations rate on such issues as:

The environment ... AIDS policy ... political and charitable giving ... employment practices ... animal testing ... nuclear power ... weapons contracting and more.

Send $22.95 to the Council on Economic Priorities, 30 Irving Pl, New York, NY 10003. For credit card orders call (212) 420-1133.

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CEP COUNCIL ON ECONOMIC PRIORITIES

NAJ

Elm Research Institute, working with the Boy Scouts and local governments, is bringing back a new disease-resistant form of the American elm. Through the **Johnny Elmseed Program**, cities and towns pay a modest fee in exchange for hundreds of young American Liberty elms, which

The ravages of Dutch elm disease: Above, Gillet Avenue in Waukegan, Illinois, as it looked in the summer of 1962. Below, the same street seven years later.

are then tended by local scouts until they reach transplanting size, in roughly three years. So far, some 150,000 trees have been shipped to more than 500 cities. *Elm Research Institute, Harrisville NH 03450; (800) FOR ELMS.*

Don't know a root ball from a football? If you really want to plant trees, learning how to do it is the easy part. Many fine guidebooks are now available on tree planting, selection, and care. One handbook, now out of print but soon to be reissued, is **Plant a Tree: A Complete Handbook for Choosing, Planting, and Maintaining This Precious Resource** by Michael Weiner (John Wiley and Sons, 1992; $16.95).

To gain an understanding of how tree planting fits into the broader issue of environmental restoration, pick up a copy of **Helping Nature Heal: An Introduction to Environmental Restoration**, put out by the folks who gave us the fascinating *Whole Earth* catalogues (Whole Earth Catalog/Ten Speed Press Books, 1991; $14.95). From restoring salmon runs in the Pacific Northwest to saving the Florida Everglades, activists and volunteers are helping give nature the chance to thrive again.

Trees are even being used to heal cultural and political divisions. In Israel, the members of **Neve Shalom/Wahat al-Salam**

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MUIR INVESTMENT TRUST

("oasis of peace," in Hebrew/Arabic), a cooperative intentional community of Jews and Arabs, has been planting thousands of olive trees both for their practical uses—the group funds its cross-cultural educational and peace work through the sale of the olive oil—and their value as a symbol of peace. Through a program run by the **American Friends of Neve Shalom/Wahat al-Salam** (AFNS/WAS), you can have a tree planted to honor a person or occasion—and help support peace in this troubled land. The cost is $25. *AFNS/WAS, 121 Sixth Ave. #502, New York NY 10013-1505; (212) 226-9246.*

HEALTH

All Fired Up Over Smoking?

CONSIDER THE CIGARETTE. Even when used precisely as its manufacturers intend, it kills you. The pollution emitted is so lethal that one anti-smoking activist suggests that parents who light up in the presence of infants or young children are guilty of child abuse. Indeed, a study published in the *New England Journal of Medicine* found that exposure to a parent's second-hand smoke doubles the chances of a child contracting fatal lung cancer later in life. The cigarette industry's annual cost to society—which we all end up paying for in lost productivity, increased health care costs, and early deaths—is estimated at $65 billion. No wonder anti-smoking activists are almost as common as discarded butts at a traffic light.

Every effective activist needs facts. For background on the extent of world tobacco addiction, see Worldwatch Paper 68, **Banishing Tobacco**, by William U. Chandler. *Worldwatch Institute, 1776 Massachusetts Ave. NW, Washington DC 20036-1904; (202) 452-1999. Single copy $5, prepaid.* For access to the government's vast smoking-related research, contact the Centers for Disease Control's **Office on Smoking and Health**. *National Center for Chronic Disease Prevention and Health Promotion, Mail Stop K50, Centers for Disease Control, 1600 Clifton Rd. NE, Atlanta GA 30333; (404) 488-5705.*

The three big groups in this area—the **American Cancer Society**, **American Heart Association**, and the **American Lung Association**—focus mainly on education and research, but their local affiliates are also fertile resources for activists. Check your local white pages. The groups have also combined to create an anti-smoking task force, the

How to Fight City Hall

BY ABBIE HOFFMAN

Begin with the proper state of mind. You must feel strongly that if you put time and energy into a thought-out campaign, you will prevail.

Get into the fight as early as possible. One of the ironies of organizing is that it is much easier to get people active once a project has begun, but by then it may be too late to win.

There is strength in numbers. Talk to your neighbors, attend public hearings, listen to community talk shows, scan the letters-to-the-editor column. Get names and phone numbers. Avoid people who get scared by words like "power," "conflict," and "confrontation." The status quo sits like a layer of fat on cold chicken soup —your nucleus has to be willing to stir things up.

"Stir things up": The late Abbie Hoffman.

Take your case to the people. Public meetings are the bread and butter of all organizing. Break down generalities into limited goals. Saying "We don't have enough money" is depressing. But saying "We need $1,000 for ads. I've raised $100 already" starts a process with a specific target. Pass out pads and pencils. A simple form listing vital statistics—such as hours available, skills, and resources—breaks the ice with new people.

Pay attention to the internal workings of your group. The majority of citizens' groups collapse within a year as a result of divisions, poor leadership, and a general sense of frustration and inertia. By always asking, "Does this bring victory closer?" you can help motivate and bring a group together.

Be very conscious of your language. Try to imagine yourself as someone creating an advertising campaign. You can't afford the luxury of being boring or of creating a language that the average person cannot understand. Language should be action-oriented, exciting, creative, simple, and upbeat.

Avoid analysis-paralysis. Read through reports, proposals, and studies with the eye of a detective. Look for clues to prove your case, ammunition to destroy the opposition. Don't get bogged down because you feel you don't know enough to act.

Think in terms of team sports or war. Many people have a philosophical resistance to creating a "them" and an "us," to seeing things in black and white. Such an attitude of "oneness" might feel good, but not when you are challenging the process of decision-making.

Always get the last word. In presenting your case, don't let a good question go unanswered. Unfortunately, the majority of groups find themselves in the position of simply saying "No!" Work hard to develop an alternative—"No! We have a better idea"—and include an economic argument.

A little rudeness helps. Getting through bureaucracies means being persistent and a little pushy.

Your ability to make news is, at crucial stages, your most important goal. The opposition would much rather go about its business secretly. Take the daily newspaper and draw a circle around every story in which you can make a connection to your issue. If a politician is coming to town, rush to the event and ask a key question. A good organizer is constantly on the move.

Search for allies. What's bad for your group has to be bad for others.

Don't rule out anything. Should you picket? Stage a rally? Run candidates? Go to court? There are hundreds of strategy options. Imagination. Surprise. Mobility. These are the advantages you have over your opponent in the field.

Adapted from The Best of Abbie Hoffman: Selections from Revolution for the Hell of It, Woodstock Nation, Steal This Book, and New Writings. *Available in paperback (Four Walls Eight Windows, 1990; $14.95). Copyright 1989 by Abbie Hoffman. Reprinted courtesy of Four Walls Eight Windows.*

Coalition on Smoking or Health. *1250 Connecticut Ave. NW, Suite 360, Third Floor, Washington DC 20036.*

The oldest national organization dedicated exclusively to anti-smoking issues is **Action on Smoking and Health** (ASH), headed by George Washington University law professor John Banzhaf. In its 25 years, ASH has emphasized fighting back through the courts and has been a key player in the effort to limit tobacco use on airplanes and in the workplace. Regular ASH contributors receive the informative newsletter **Smoking and Health Review**. ASH, *2013 H St. NW, Washington DC 20006; (202) 659-4310.*

These days, with tobacco companies using cartoon figures to sell their wares, you've got to reach kids darned early in life if your pro-health message is going to compete. So each year **SmokeFree Educational Services** sponsors the SmokeFree America Ad Contest, to which schoolchildren submit anti-smoking ads, the best of which last year were collected in **Kids Say Don't Smoke** (Workman Publishers, 1991; $5.95). The group also distributes educational materials and a newsletter. *375 South End Ave., Suite 32F, New York NY 10280; (212) 912-0960.* Similarly, **Stop Teenage Addiction to Tobacco** (STAT) tries to prevent older kids from getting hooked by working to block the sale of tobacco to minors and putting pressure on tobacco companies to end campaigns aimed at children. *121 Lyman St., Suite 210, Springfield MA 01103; (413) 732-STAT.*

Americans for Nonsmokers Rights focuses its understandable ire at what researchers call environmental tobacco smoke, or ETS—the stuff that gets in your eye (and lungs, and hair, and clothes). *2530 San Pablo Ave., Suite J, Berkeley CA 94702; (510) 841-3032. Quarterly newsletter available with $25 membership.* **Doctors Oughta Care** uses the influence of doctors to push for nonsmokers' rights and smoking prevention. *5510 Greenbriar, Suite 235, Houston TX 77005; (713) 798-7729.*

INVESTING

Wall Street Activism

Q: WHAT DO LOW BANK INTEREST RATES and the continued unethical behavior of corporate America have in common?
A: They've both helped make socially responsible investing a sensible alternative for today's activist-investors.

In fact, more and more investors are turning to socially screened stocks, mutual funds, and other investments rather than swallow the paltry returns—and questionable business policies—of traditional banks. If you're just getting started and want to know more, a good first stop is the **Social Investment Forum**, a clearinghouse and referral service. *430 First Ave. N, Suite 290, Minneapolis MN 55401; (612) 333-8338.* You might also consult two new and thorough books: **Investing from the Heart** by Alan Reder and Jack A. Brill (Crown Publishers, 1992; $20) and **Good Money: A Guide to Profitable Social Investing in the '90s** by Ritchie P. Lowry (W. W. Norton and Company, 1991; $19.95). A very helpful booklet, **The Socially Responsible Financial Planning Guide**, is available from **Co-op America**. The guide contains charts, worksheets, and resource lists. *2100 M St. NW, Suite 403, Washington DC 20063; (800) 424-COOP. Guide: $5.*

Several newsletters provide up-to-date coverage of this changing field. Check out **The Clean Yield**, *Box 1880, Greensboro Bend VT 05842; (802) 533-7178;* **Franklin's Insight: The Advisory Letter for Concerned Investors**, *711 Atlantic Ave., Fifth Floor, Boston MA 02111; (617) 423-6655;* and **Good Money**, *PO Box 363B, Calais Stage Rd., Worcester VT 05682; (800) 535-3551.*

For many investors, stock and bond mutual funds offer a sensible first option. Indeed, *Money* magazine recently noted that "of the five ethical mutual funds in existence since 1986, four beat the average returns for their respective fund categories for the five years through 1990 by 4 to 13 percentage points." A sampling of the funds now available:

New Alternatives Fund, *(516) 466-0808 (collect calls OK).*

Parnassus Fund, *(800) 999-3505. In California: (415) 362-3505.*

Pax World Fund, *(800) 767-1729. In New Hampshire: (603) 431-8022.*

Rightime Social Awareness Fund, *(800) 242-1421. In Pennsylvania: (215) 887-8111.*

Schield Progressive Environmental Fund, *(800) 826-8154. In Colorado: (303) 985-9999.*

Calvert Social Investment Fund (operates three stock and/or bond funds and a money market fund), *(800) 368-2748. In Maryland: (301) 951-4820.*

Dreyfus Third Century Fund, *(800) 782-6620. In New York: (516) 296-6958.*

Domini Social Index Trust, *(800) 762-6814.*

Franklin US Government Securities Fund, *(800) 632-2301.*

Jonathan Adolph is NEW AGE JOURNAL'*s senior editor.*

VIVISECTION.

IT'S SHOCKING.

And blinding. And maiming. And burning. Each year, millions of animals are deliberately poisoned, shot, cut up, starved, addicted to drugs, and killed in U.S. laboratories.

Despite evidence that shows animal models to be both unreliable and inappropriate, resources that could be directly helping human treatment and prevention programs are being misallocated for experiments on nonhumans.

All over the country, people who object to the infliction of pain and suffering on animals are mobilizing. The animal users are desperate to keep things the way they are, but the time to challenge and overthrow their oppressive system is here.

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Healing

Natural remedies and alternative approaches for staying healthy and whole.

BY FRANCINE ROTA

GUIDEBOOKS

The Bibles of Natural Health

As we move into the '90s, natural healing options are becoming not only more popular but also more accessible. Due, in part, to rising medical costs, people are increasingly turning away from mainstream medicine, and—at least for the treatment of everyday problems such as colds and headaches—turning instead to more traditional, low-tech approaches such as herbal healing or homeopathy. The first step in using natural healing methods, however, is education. Here's a set of handbooks that offer philosophical and practical approaches to such healing modalities as herbology, homeopathy, and Oriental medicine.

Natural Health, Natural Medicine by Andrew Weil, M.D. (Houghton Mifflin, 1990; $9.95) provides an excellent introduction to the subject. This fascinating book shows how all aspects of our lifestyles affect our health, and points to how we can make changes for the better.

For those familiar with or interested in macrobiotics, **Macrobiotic Home Remedies** by Michio Kushi, edited by Marc Van Cauwenberghe, M.D. (Japan Publications, 1985; $15.95) is a great book. The remedies consist mostly of food prepared in various ways based on the principles of yin and yang.

If you're seeking treatment for a specific condition, get a copy of **Alternatives in Healing** by Simon Mills and Steven Finando (NAL Books, 1989; $12.95). This book provides a comparative analysis of how each of six types of treatment—acupuncture, chiropractic, homeopathy, medical herbology, osteopathy/naturopathy, and allopathic medicine—would approach a variety of conditions. Each section addresses a particular condition and concludes with a recommendation for the most effective treatment.

Tell me where it hurts: A naturopathic physician at work.

If you're interested in using homeopathy or herbal healing, you'll need a good guide to use as a reference. **Everybody's Guide to Homeopathic Medicines: Taking Care of Yourself and Your Family with Safe and Effective Remedies** by Stephen Cummings and Dana Ullman (Jeremy P. Tarcher, 1984; $10.95) is perhaps the bible for novice homeopaths. Along with a basic introduction to the philosophy, the book shows how to use particular remedies to treat specific conditions.

A good reference book on herbal healing is **The Healing Herbs** by Michael Castleman (Rodale Press, 1991; $26.95). Though this book does not contain the scientific information and detail found in many herbals, it's a good guide for beginners. Castleman includes history, folk uses and practical uses for each herb, safety factors, and information on growing herbs.

HERBAL HEALING

Medicine Kits and Home Learning

One of the easiest ways to learn about using natural remedies is by studying right at home. A number of companies sell natural home medicine kits, and several companies produce audio or video programs on how to use these remedies. The following are some programs and kits that have been put together by competent practitioners.

Herbal Preparations and Natural Therapies: Creating and Using a Home Herbal Medicine Kit by herbalist Debra Nuzzi is a great program composed of two videos plus a 132-page book explaining how to forage for herbs and plants, and how to make herbal preparations at home.

COURTESY NATIONAL COLLEGE OF NATUROPATHIC MEDICINE

The book contains sections on recipes, natural therapies, tools, and resources. *Morningstar Productions, 997 Dixon Rd., Boulder CO 80302; (800) 999-7422. $99, including shipping.*

If you want the remedies without the hassle, try **Nuzzi's Home Herbal Medicine Kit**. The kit contains nine herbal tinctures formulated to treat a variety of conditions (infections, sore throats, cramps, insomnia, etc.); several ointments, including one for burns; throat lozenges; and all the tools you will need to handle first aid situations: bandages, thermometer, mirror, and scissors. The kit is packaged in a nylon tote bag, which makes it ideal for traveling. *Nature's Apothecary, 997 Dixon Rd., Boulder CO 80302; (800) 999-7422. $99, plus shipping.*

Nature's Apothecary also sells an excellent selection of extracts made from fresh herbs and preserved in alcohol: more than 140 fresh herb extracts, 12 dried herb extracts, 50 combination formulas designed for specific conditions (coughs, PMS, stress, nausea, stopping smoking, etc.), fresh herbs preserved in organic olive oil, salves, herbal syrups, tools for making your own preparations, and a selection of home therapy kits (dental poultice, burn kit, vaginal infection kit, etc.).

Blessed Herbs will ship fresh or dried organically grown or wildcrafted herbs overnight. The company carries more than 200 varieties of healing herbs. *Route 5, Box 1042, Ava MO 65608; (417) 683-5721.*

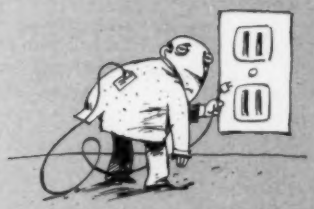
Nature's Pharmacy has a series of videos—including **Edible Wild Plants: Video Field Guide to 100 Useful Herbs; Edible Flowers;** and **Trees, Shrubs, Nuts, & Berries**—hosted by Jim Meuninck and drawing from the expertise of renowned herbalists such as Jim Duke, Ed Smith, and Ed Alstat. To date the series has covered uses of 400 plants: identification, medicinal uses, cooking with them, and preventive health. Along with their excellent information, the videos also are fun to watch. *Media Methods, 24097 North Shore Dr., Edwardsburg MI 49112; (616) 699-7061. $24.95 each, plus $2 shipping.*

HOMEOPATHY

Treating Your Family

FOR A COMPREHENSIVE INTRODUCTORY education in homeopathy, a ten-and-a-half-hour audio course presented by Dana Ullman and Gregory Manteuffel, M.D., **An Introductory Course on Homeopathic Medicine**, covers the discipline's principles and the

Less is more: Homeopathic healing goes mainstream.



Wisdom for the Weary

Fatigue makes even the simplest activity a chore. If you've been feeling run down lately, you may get a boost from the following tips, recommended by homeopathy educator Dana Ullman in his new book The One-Minute (or so) Healer:

Energy creates energy. Exercise may sound impossible when you're fatigued, but it does stimulate circulation and metabolism. Regular exercise usually enhances energy.

Take a cold shower. This strategy will wake you up. If you're not brave enough to do this, take a cold foot bath, or simply splash your face with cold water.

Avoid cheap tricks. Drinking coffee and eating sweets may give you short-term energy, but they can lead to greater fatigue because these substances sap the adrenal glands and disrupt blood-sugar levels. Try to stay away from these energy robbers.

Go light on lunch. Large lunch meals, especially those with high-fat foods, commonly cause afternoon fatigue.

Watch your protein. Fatigue can result from having too much protein or too little. Make certain you're getting enough, but not too much. One meal per day, maybe two at the most, should have a food that is rich with protein.

Warm your liver. A heating pad placed over your lower right rib cage for 20 minutes twice a day can increase liver activity and help your body digest sugars better, creating more energy.

Supplement your energy. Take vitamin C three times a day; beta-carotene, B-complex, and vitamin E twice a day; and chelated magnesium, chelated zinc, and calcium once a day.

Take herbal interferon. Echinacea is an herb that has been proven to be effective in reducing viral activity. It also stimulates the immune system, and some people with fatigue who take it have noticed improved energy and stamina. Take 15 drops of echinacea tincture three times a day.

Try aggressive emotional rest. Don't waste your energy on negative emotions. All they do is drain you and add to your fatigue.

Take your job and love it. If you truly love your work, it can be the best energizer for you. Anything that gives your life purpose and meaning is highly therapeutic. If you're unable to change jobs to one that you feel passionate about, do whatever you can to turn your present job into one you love.

Adapted from The One-Minute (or so) Healer. *Copyright 1991 by Dana Ullman. Used by arrangement with Jeremy P. Tarcher.*

ILLUSTRATION: JEM SULLIVAN; PHOTO: COURTESY HISTORICAL REMEDIES

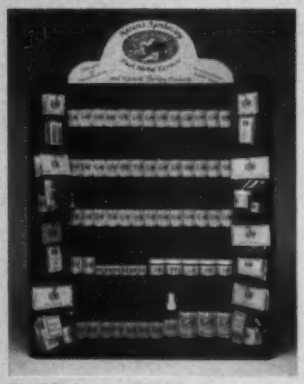
Stocking a Natural Medicine Chest

There's something empowering about being able to take action yourself to shake a cold, soothe a burn, or settle the stomach. Of course, it is unwise to attempt self-treatment of serious conditions; seek medical care. But for colds, headaches, and the like, here are some time-honored, safe, and effective natural remedies that can be helpful to have around your home.

Echinacea. Currently the most popular healing herb in the country, echinacea is believed to have first been used in North America by the Plains Indians to treat everything from toothaches to snake bites. Echinacea revs up the immune system to more effectively fight infection.

Garlic. Used as an antiviral plant for centuries in Europe and the Middle East, garlic is said to work wonders with colds, the flu, sore throats, and other infections. If you can't munch on a few bulbs of raw garlic, the next best thing is deodorized garlic capsules.

Nux Vomica (stinging nettle). This homeopathic remedy is great for soothing an upset stomach. Kids love it because it tastes like candy.



Health food stores sell herbal remedies.

Cold-pressed castor oil. Christiane Northrup, M.D., suggests castor oil for stomach upset, sprains, muscle soreness, and colds. Saturate (but not to the point of dripping) a four-ply piece of wool or cotton flannel and apply to the affected area; cover with a hot water bottle. For colds and flu, soak in a hot bath with a cup of castor oil added to the water. For conjunctivitis, try one drop in the affected eye. One drop in each ear can help an earache.

Tea Tree Oil. This versatile oil has been used to treat numerous conditions: mixed with warm water as a gargle for sore throats (use 3 to 6 drops of tea tree oil); applied undiluted to athlete's foot, infected cuts and sores, and acne. A few drops of oil on a minor burn may work miracles; the pain may subside and a blister may not form. (Don't use on a third-degree burn, though.)

Arnica (leopard's bane). This homeopathic formulation is great for bruises. It is available in pellets (taken internally), cream, and tincture. The tincture is available only by prescription and should not be taken internally or applied to an open wound.

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If you're serious about treating yourself and your family with homeopathic remedies, you may want to invest in a **Suitcase Homeopathic Kit** containing 30 to 50 of the most useful remedies. The major drawbacks are the price (between $50 and $100) and the fact that you need to have knowledge of the principles of homeopathy and a good reference book. *Available in many natural food stores.*

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Whether you're facing a serious illness or simply seeking a means for health maintenance, your options are many now that alternative therapies are so widely available. For specific information on particular modes of treatment, lists of practitioners, newsletters, books, and healing tools, contact the organizations below:

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Holistic Medicine: *American Holistic Medical Association, 4101 Lake Boone Trail, Suite 201, Raleigh NC 27607; (919) 787-5146.*

Holistic Nursing: *American Holistic Nurses Association, 4101 Lake Boone Trail, Suite 201, Raleigh NC 27607; (919) 787-5146.*

Health Practitioners (holistic dentists, chiropractors, acupuncturists, and others): *Association of Health Practitioners, PO Box 5007, Durango CO 81301; (303) 259-1091.*

Naturopathy: *American Association of Naturopathic Physicians, PO Box 20386, Seattle WA 98102; (206) 323-7610.*

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Acupuncture: *American Association of Acupuncture and Oriental Medicine, 1424 16th St. NW, Suite 501, Washington DC 20036; (202) 265-2287.*

Ayurvedic (Traditional Indian) Medicine; *Maharishi Ayurveda Association of America, PO Box 282, Fairfield IA 52556; (515) 472-8477.*

Bach Flower Remedies: *Dr. Edward Bach Healing Society, 644 Merrick Rd., Lynbrook NY 11563; (516) 593-2206.*

Herbology: *American Botanical Council, PO Box 201660, Austin TX 78720; (800) 373-7105.*

Homeopathy: *National Center for Homeopathy, 801 N. Fairfax St., Suite 306, Alexandria VA 22314; (703) 548-7790.*

International Foundation for Homeopathy, 2366 Eastlake Ave. E, Suite 301, Seattle WA 98102; (206) 324-8230.

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women, one for children, and one for travel. The kits are easy to use, because they come with a booklet describing the history and indications of each remedy. *Historical Remedies, 122 S. Wabasha St., St. Paul MN 55107; (612) 224-9344. Children's and travel kits: $55 each. Women's kit: $60 plus $3.50 shipping and handling.*

The above kits are not practical for emergency treatment because it may take you some time to find the right remedy. To keep on hand for emergencies, you may want to consider **Homeopathic First Aid for the Family**, containing 14 remedies and a video explaining how to use them. This kit is also a good choice for beginners. *Video Remedies, PO Box 6064, Hollywood FL 33081; (800) 733-4874. Whole kit: $69.96; video only: $39.95; plus $3.50 shipping.*

If you receive a prescription from a homeopathic physician, or if you are trying to treat yourself, several pharmacies can ship you homeopathic remedies: **Standard Homeopathic**, *210 W. 131st St., PO Box 61067, Los Angeles CA 90061; (800) 624-9659. In California: (800) 992-9659.* **Boiron**, *1208 Amosland Rd., Norwood PA 19074, and 98C W. Cochran St., Simi Valley CA 93065; (800) 258-8823.* **Hahnemann Medical Clinic Pharmacy**, *1918 Boniat Ave., Berkeley CA 94704; (415) 548-5015.*

AIDS

New Research, New Hope

WE HEAR IT EVERY DAY: IF YOU get AIDS, you die. There's no cure, says the common wisdom, and there's no treatment that will significantly improve quality of life or life expectancy. But is that really true? In recent times, long-term survivors have been working to change the view of AIDS from a terminal disease to a chronic condition, and many groups are working to make alternative treatments available.

One such person, Niro Markoff Asistent, was diagnosed as HIV positive in 1985; today, she has no signs of the AIDS virus in her body (see "Why I Survive AIDS," NEW AGE JOURNAL, September/October 1991). As a result of her experience, Asistent began offering **Healing Yes** workshops to help others conquer the AIDS virus and "rediscover what it is to be alive" through spiritual and emotional exercises. Asistent conducts the three-and-a-half-day workshops around the United States and Europe. *PO Box 255, Easthampton NY 11937; (516) 324-8034.*

AIDS survivor Niro Markoff Asistent.

One valuable resource for both men and women has the limiting title **AIDS and**

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What the Initials Mean

The initials tacked onto an alternative health practitioner's name do not necessarily tell you much about his or her qualifications or specialty. Some initials refer to a specific degree or type of training, while others refer to a degree of aptitude determined by the passing of an exam. The following are some of the most common titles:

C.A.; R.Ac.; Lic.Ac.; Dipl.Ac.: *Certified Acupuncturist; Registered Acupuncturist; Licensed Acupuncturist; Diplomate in Acupuncture.* The first three sets of initials indicate that the practitioner has received adequate training for the state in which he or she practices (licensure varies from state to state); Dipl.Ac. indicates that the acupuncturist has passed an exam given by the National Commission for the Certification of Acupuncturists.

D.C.: *Doctor of Chiropractic.* Requires four years of training at an accredited chiropractic college. Chiropractors take both national and state board exams and are licensed to practice in every state.

N.D.: *Naturopathic Doctor.* Requires four years of training at one of the three North American schools that specialize in naturopathic medicine: John Bastyr College in Seattle, Washington; the National College of Naturopathic Medicine in Portland, Oregon; or Ontario College of Naturopathic Medicine in Toronto. N.D.s are currently licensed in seven states: Washington, Oregon, Arizona, Connecticut, Alaska, Hawaii, and Montana.

O.M.D.: *Oriental Medical Doctor.* This title is often taken by practitioners who have been trained to practice acupuncture and Chinese herbal healing, or by Chinese M.D.s who are licensed in China but not in the United States. O.M.D. is not a qualification: There is no board or organization that offers this credential, nor is there any degree program offering an "O.M.D." If you are considering seeking treatment from someone who calls himself or herself an O.M.D., ask them what that means, where they received their training, and how long they have been practicing.

D.Ht.: *Diplomate in Homeotherapeutics.* M.D.s and D.O.s who pass a thorough exam given by the American Board of Homeotherapeutics may use these initials.

D.H.A.N.P.: *Democrat of the Homeopathic Academy of Naturopathic Physicians.* N.D.s who pass the certification exam given by the Homeopathic Academy of Naturopathic Physicians may use these initials to indicate that they are competent homeopaths.

M.H.: *Master Herbalist.* This certificate is granted by some schools after students complete a course in herbalism. Since herbalists are not licensed in the United States at this time and the field is unregulated, you should check out the practitioner's reputation and credentials.

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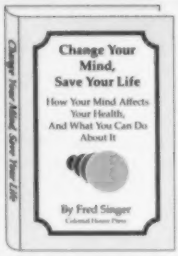

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Women: A Sourcebook (The Oryx Press, 1990; $36.50). This 176-page guide describes studies, literature, and organizations that have conducted research on AIDS. It is an excellent educational tool, also including listings of hotlines and organizations in every state and a glossary of AIDS-related lingo. *4041 N. Central at Indian School Rd., Phoenix AZ 85012; (800) 279-6799.*

An organization that offers support and information to people with the AIDS virus is HEAL (Health Education AIDS Liaison). This multifaceted organization connects people with others who have had similar experiences. The focus is on staying well and living with AIDS. Resources include a 520-page information packet on alternative AIDS treatments ($32 including postage; an abridged version is available for $6). HEAL also sells an audio cassette, **HIV and the Holistic Perspective**, that focuses on surviving ($4, including postage). HEAL members have access to a list of distributors who sell natural substances to them at a discount. *HEAL, c/o Hillman Health Center, 16 E. 16th St., New York NY 10003; (212) 674-4673. One-year membership: $20.*

CANCER

Alternative Therapies

THE MEDICAL PROFESSION HAS LONG dragged its feet when it comes to accepting and promoting alternative cancer therapies, so in the face of a cancer diagnosis, making informed treatment choices can be difficult. Fortunately, there are now several places to turn.

CanHelp is a service founded by Patrick McGrady, who travels the world researching alternative cancer treatments. For $400 he will send you a packet of referrals and information for your specific type of cancer, and then will help you work through the information over the phone. *3111 Paradise Bay Rd., Port Ludlow WA 98365-9771; (206) 437-2291.*

For an overview on alternative cancer therapies, contact **Commonweal**, which serves as a clearinghouse and publishes a report, **Varieties of Integral Cancer Therapy**, that evaluates more than 30 alternative cancer treatment centers in North America and Europe. Commonweal also conducts week-long retreats for people with cancer, during which they practice massage and meditation and discuss healing options. *PO Box 316, Bolinas CA 94924; (415) 868-0970. Report: $21 plus $3.50 postage (additional $1.52 tax for California residents).*

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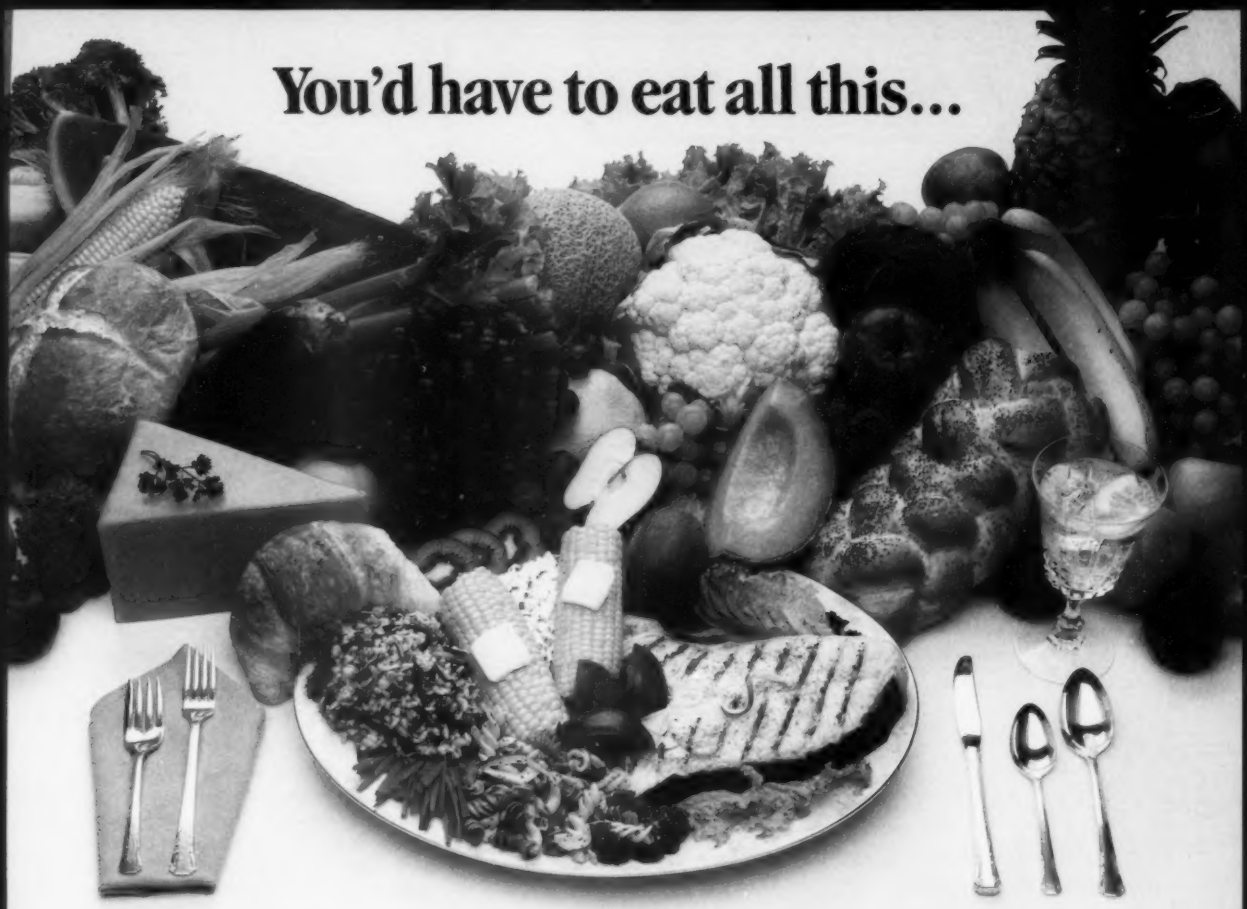

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WOMEN

Awareness and Healing

THE FIELD OF WOMEN'S HEALTH HAS LONG been a mysterious and somewhat neglected area in the male-dominated medical field. But with the recent increase of women in medicine, more attention is being focused on liberating women from the lack of sensitivity that has traditionally surrounded "female problems."

One physician who is making a difference is Christiane Northrup, M.D., a holistic practitioner who gave up a high-powered practice to open **Women to Women**, a clinic in Yarmouth, Maine. Northrup focuses her practice not only on natural and noninvasive procedures but also on education. One way she empowers women to take control of their bodies is by offering workshops on cassette—she has one on endometriosis, one on menopause, and one on PMS and codependency—and a reading list of articles on various topics related to women's health and spirituality. *One Pleasant St., Yarmouth ME 04096; (207) 846-6163. Article list: Free. Tapes: $12.66 for endometriosis and PMS; $21.14 for two-cassette menopause program.*

Among the titles on Northrup's book list are three that she recommends for their balanced perspective and helpful information. **Dr. Susan Love's Breast Book** by Susan M. Love, M.D. with Karen Lindsey (Addison-Wesley, 1991; $12.95) offers comprehensive coverage of most forms of breast disease from an allopathic, feminist perspective; **PMS Self Help Book** by Susan M. Lark, M.D. (Celestial Arts, 1984; $14.95) presents a diverse range of ideas for dealing with PMS; and **Woman's Health Alert** by Sidney M. Wolfe, M.D. (Addison-Wesley, 1991; $7.95) features warnings about the side effects of many medications and treatments, along with information about alternative procedures. Any woman planning to undergo a medical procedure or taking medication for a health condition should consult this book.

One organization taking active steps to educate women to help themselves is **The Federation of Feminist Women's Health Center** (FFWHC), which supports self-help women's groups with a trained women's health care professional who teaches them to perform pelvic exams, identify infections and other problems, and treat themselves. The FFWHC's 28-minute video, **No Going Back**, describes the controversial procedure known as "menstrual extraction," which removes the menstrual flow and allows women to perform abortions

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The art and science of achievement, influence and excellence is how Terry Butler describes his business YES TECHNOLOGY. Here's Terry:

I am a Mental Fitness™ trainer — an achievement specialist. I'm in the brain and body business. I'm in the HOW to think business vs. what to think. The training programs I conduct all across the U.S. are actually mental fitness clubs.

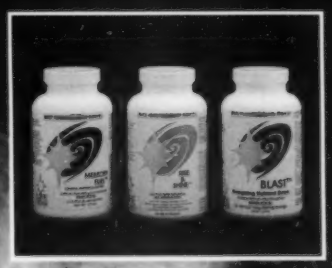
Just as we exercise and nourish our bodies we need to exercise our minds. You can't develop a great physique in one day. Similarly, one needs to exercise and nourish the mind over a period of time.

Durk Pearson & Sandy Shaw's books really intrigued me because they make so much sense. Why not FEED the brain? Designer Food™ formulations like BLAST™, MEMORY FUEL™ and RISE & SHINE™ provide nutritional brain fuel for sustained focus, mental alertness, and information retention.

I often take BLAST, or RISE & SHINE and MEMORY FUEL 3 or 4 times a day. I feel much more energetic and focused, more capable of dealing with stress. It's not like a mere caffeine experience of peak and valley — it's a much more sustained, smooth level of alertness — and I might add that they're delicious tasting too!

I firewalk and bungi jump in my seminars as a kind of dramatic metaphor — to demonstrate the concept of relaxed, controlled energy. A lot of people suppose that one must shut the mind to walk the burning coals but in fact one needs an open, receptive approach.

I always take Designer Foods™ before firewalking or bungi cord jumping. Because as information comes streaming into the brain, in my opinion, it also helps if the brain also has nutrients coming in that nourish and enhance the neurotransmitters. So wherever my YES seminars go and whenever the heat's on, BLAST, MEMORY FUEL and RISE & SHINE go with me to keep me cool.



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on themselves. *1680 N. Vine St., Suite 1105, Hollywood CA 90028; (213) 957-4062. Video: $25.*

Providing help to women facing the possibility of hysterectomy is an organization called **Hysterectomy Educational Resources and Services.** HERS, which sponsors two conferences a year, provides information on hysterectomies—consequences of and alternatives to—and will answer questions over the telephone (by appointment) and by mail. *422 Bryn Mawr Ave., Bala Cynwyd PA 19004; (215) 667-7757.*

If you're looking for a general clearinghouse of information, try **The National Women's Health Network** (NWHN). Members receive a subscription to a bimonthly newsletter and access to the NWHN's health information service. This organization makes available information packets on 48 women's health issues ($5 apiece). Write or call for a list of topics. *1325 G St. NW, Washington DC 20005; (202) 347-1140. Membership: $25/year.*

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Getting Rubbed the Right Way

MASSAGE USED TO BE A LUXURY—THAT soothing rub the rich and famous would receive at pricey health spas. But times have changed. Today massage and other forms of bodywork have become bona fide tools for maintaining health. Among the many styles of bodywork, some manipulate the musculature, others focus on movement and posture, and still others seek to balance the body's flow of energy. For an introduction to the various bodywork forms, pick up **Hands-On Healing**, edited by John Feltman (Rodale Press, 1989; $17.95). This book provides general information on a great assortment of bodywork approaches as well as simple massage instructions to get you started on your own. If you're already familiar with a particular technique and are looking for a practitioner in your area, contact an organization below:

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[CONTINUED ON PAGE 73]

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(Complete story begins on next page)

28 Minutes To a Supercharged Brain!

In 28 minutes it will zap stress, boost your brainpower, and unleash awesome creative and intuitive powers.

By Dane Spotts

Listen: I took everything in the 60's. I did all the retreats in the 70's. I've sampled all the brain tune-up machines of the 80's. But none of it prepared me for the mind-blowing experiences of the *Brain Supercharger* soundtrack.

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As I plugged it into my walkman, I kept thinking, "it's just a cassette tape." Then I put on my headphones, flipped the switch, and woosh...I was immediately transported into another time and place.

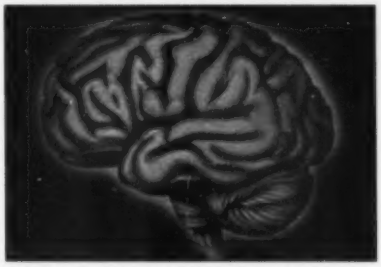
My body became extremely relaxed. My arms and legs felt numb. I began to experience new things. I started having long conversations with a voice inside my head, experiencing vivid memories, and a flood of creative ideas.

It seemed as if my mind and body were in two separate places. Words can hardly describe the experience but it was like taking a two-week vacation in 28-minutes. I realized this was no ordinary self improvement tape.

EXPANDING YOUR BRAINPOWER

Created by the Mind Research Laboratory, this remarkable new technology is based on the ancient art of meditation and whole brain synchronization.

As you already know we use only a small percentage of our total brainpower. What if you could tap into the rest of it? Is the secret of genius simply the ability to access more of the brain's tremendous capacity? What if there were a way to unleash your untapped mental potential?



Scientists now believe we use only 4% of our brain's actual potential. What if you had a tool that allowed you to tap into the other 96%?

I've personally spent the last 15 years in search of tools that could unleash the awesome powers of the human mind. It's been more than a hobby. An obsession really. And what I discovered has transformed me forever. An audio technology so powerful just listening, unfolds a blissful state of deep relaxation, alters consciousness, rewrites your internal mental programming, accelerates learning, and expands your brainpower. I'd like to share this amazing technology with you and tell you the impact I think it will have on your life.

But wait! Let me stop here for a moment. Before I get into the heavy duty aspects of this technology and give you my special offer, there is something I must caution you about right now.

Research Study Reveals Supercharger's Awesome Brain Boosting Ability.

Dr. Lawrence Cory, PhD
Psychologist

November 1990, Los Angeles, CA – An amazing new self improvement tape, the *Brain Supercharger* recently underwent intense testing in Southern California. The unique tapes, manufactured by Zygon International of Seattle, Washington, utilize a breakthrough audio engineering process known as the *neuro-entrainment technology.* When listened to with stereo headphones they alter the listener's brainwave patterns inducing whole-brain synchrony. Cumulative listening it is claimed, results in reduced stress, improved mental functioning, increased creativity and intelligence, an increase in sex drive, and surprisingly the need for less sleep.

According to Dr. Lawrence Cory, director of PSI Metrics, the psychological testing organization that put the Brain Supercharger through the rigorous testing, it delivers it's promise. This fall Dr. Cory put the Supercharger tapes through a battery of controlled experiments using 80 test subjects in a double blind study. The primary purpose of the study was to see what effects, if any, this audio tape has on the mental functioning of a listener.

The results were published in a report issued by PSI Metrics. The conclusion? "The experimental tapes accomplish what they claim to provide. That is, they seem to have a significant effect on the mental functioning of it's listener, increasing his or her, intelligence, emotional stability, and alertness. Conversely, a comparable group of people, exposed for the same period of time to a placebo tape -- identical in every respect except that it lacked the Brain Supercharger technology -- showed essentially no change," says Dr. Cory.

Dr. Cory, goes on to report; "The psychological gains, in turn, appear to translate into higher morale, deeper insight, more intellectual adaptability, increased judgement, greater creativity, heightened intuition, broader philosophical and aesthetic interests, and a positive occupational outlook."

These factors were measured against a placebo group who exhibited no significant change. Measurements were made using the standardized psychological test the "16PF" developed by renowned psychologist, Dr. Raymond Cattell, and his associates at the Institute for Personality and Ability Testing.

The report went on to further state, "Any differences between the Supercharger and placebo groups would be due primarily to the whole-brain technology present in the Supercharger but lacking in the placebo tape. The conclusions are clear, the Supercharger users scores were "statistically significant" over the control group for these factors, leaving little doubt about the Supercharger's effectiveness and capabilities."

Altering Brain States: Is it the secret of "Superhuman" feats?

A firewalking yogi meditates for a few minutes, then walks barefoot 27' across 1700 degree burning hot coals. A meditating monk stops his heart from beating then reactivates it minutes later by "thought power". EEG monitors hooked to meditating yogis and monks during these events register strong alpha-theta waves. What's the connection between meditation and the brainwaves of individuals capable of "superhuman" feats?

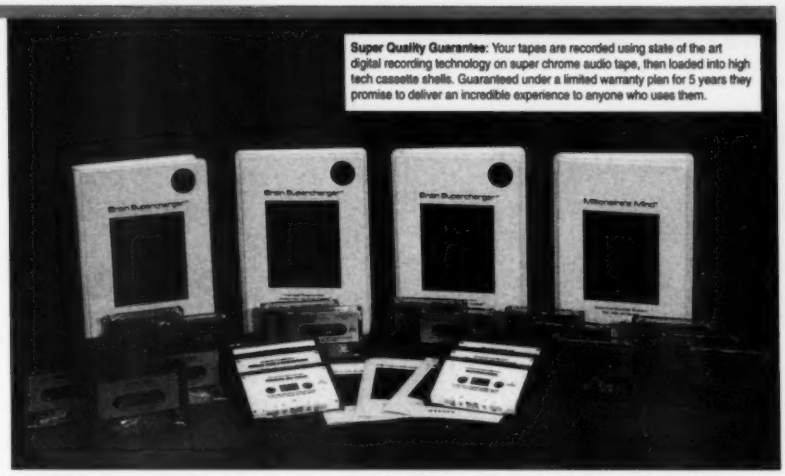
Zen meditators have been found to alter **alpha/theta** frequency according to their depth of meditation, reports Japan's leading neurophysiologist, Dr. Tomio Hirai. He has correlated brain-wave patterns with certain stages of meditation. And according to Dr. Hirai, ***"Meditation is not merely a state between mental stability and sleep, but a condition in which the mind operates at the optimum. In this condition the person is relaxed but ready to accept and respond positively to any stimulus that may reach him."***

Research now confirms that brainwave rhythms correspond to certain states of consciousness, and this suggests that individuals capable of altering their brainwave patterns can have significant control over other mental and physiological functioning. As Elmer and Alyce Green of the famous Menninger Institute first reported in the mid-70's, "...simply causing your brain to generate theta activity for a few minutes each day seems to have enormous benefits, including boosting the **immune system, enhancing creativity**, and triggering "integrative experiences leading to feelings of **psychological well-being**."

Biofeedback researchers have found that people who enter the "theta state," expanded their states of consciousness, acquire super-receptivity to new information, and demonstrate a greater ability to "rescript" material on a subconscious level. Even more astonishing are the findings of a study conducted on a group of chronic alcoholics at a University in Colorado. After 13 weeks the group that learned to generate theta and alpha brainwaves, showed a far greater recovery rate, and a complete **transformation of personality**. There is a remarkable body of evidence...

Theta Connection: Enhancing Learning & Memory.

New research at the University of Colorado Medical Center indicates that when people were trained to achieve and maintain theta brainwaves they did indeed learn faster.



3 Brain Supercharger Kits; Ultra Success Conditioning, Super Immunity & Health, and Accelerated Learning/Memory make up the Mind Development Library, plus you get the Millionaire's Mind Wealth Conditioning System, and $915 worth of FREE bonus tapes. All of this for one extremely low price.

happen. First by ordering. Second by using them. I'll let you be the sole judge of their success. I know you'll be impressed.

To order simply call my toll free number, (24 hours a day, 7 days a week) and ask for the **Mind Development Library Special Offer (Item #904B).** Or send your check or money order for $149.95 plus $9.00 shipping & handling to the address below. Canada, Alaska & Hawaii, deliveries add $12 shipping. Please allow 2-4 weeks for delivery. (I'll try and have your tapes shipped within 3 days from receipt of your order, but please be patient as the enormous demand has strained our order processing system to it's limits.)

A FINAL NOTE

P.S. One last thing. Whether you take me up on my special offer or not, I want to let you in on something. These tapes...all of them...are only a catalyst. They aren't the true power. You are. When you unleash your full potential and discover the ultimate truth of the universe and your role in it, you're going to burst out laughing. Believe me you will.

With this new perspective, your financial situation, your relationships, and everything else will take on a new color and meaning. As you dance through life every experience positive *and* negative will be perceived from a new perspective. And you'll feel more **alive. 100% OF THE TIME.** For some that's scary. So if you're not ready for it yet, I completely understand. But if you are, hang on because you're in for the most incredible journey of your life. Thanks. And whatever you decide – peace.

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HOW TO GET $915 WORTH OF BONUS TAPES FREE ALONG WITH THE WORLD'S MOST POWERFUL MIND DEVELOPMENT LIBRARY!!!

Dane Spotts
Publisher

Listen Dane, I'm still a bit skeptical by all this and I'm only willing to give it a try because I've got nothing to lose. But if it isn't every bit as good as you say it is, I'm going to return your library of tapes within the 30 day trial period and keep the $915 worth of bonuses mentioned in your special offer. And as agreed you'll immediately return my money (less s&h). On that basis only here is my order. I've enclosed $149.95, plus $9 shipping & handling ($12 if it's going to Canada). Please rush the package to me at the address below. And don't forget to include my $915 worth of FREE bonus tapes.

Note: Check here if you wish to order by credit card or check

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Enter your credit card number completely — Expiration Date

Authorized Signature — Credit Card issuing bank?

Daytime Phone Number — **Evening Phone Number**

Note: Please make all checks and money orders payable to Zygon. Washington residents must add 8.2% sales tax ($12.30 plus $9 Shipping & Insurance - $171.25 Total) Thank you.

Ship To:

Name

Address

City State Zip

Important: If your name or address is incorrect, please make necessary corrections.

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spent millions on TV advertising. And although we've sold a lot of tapes, it's been at a very high cost because TV time is so expensive. This printed piece which I'm able to deliver directly to you is a far cheaper means of communication. So frankly, I can afford to spend more on "bribes" to attract you as a new customer.

2). Second, I sincerely want you to try this program even though all these "bribes" put me at some financial risk. If everyone returned their package for a refund and kept their bonus tapes it could be financially devastating. However, I know from experience that 98.3% of the people who honestly try this program are so blown away by it, they keep it. And they share it with their friends and relatives. That's good for business.

EVOLVING CONSCIOUSNESS IS MY ULTIMATE MISSION

There's something else too. It's going to sound a bit flaky perhaps, but it's the absolute truth. My mission in life is to share this technology with the world. I believe something very big is happening. An explosion of consciousness that could lead to the evolution of our species. I strongly believe psycho-technologies like this can play a role in that transformation.

How? By allowing you to connect at such a deep level with the inner source of your being that you experience an evolutionary leap in consciousness. That intuitive part of you that already knows the answers to all of life's questions. Things like; What should I do with my life? What's my purpose in the universe? And, how can I become the best me that I can be? I think humanity is on the threshold of a gigantic leap in consciousness. And it's people like you and me that will be the catalyst for this transformation. So why am I telling you this? Because I want you to understand my deep seated enthusiasm and motivation for sending you this offer. And I want you to join me in my mission.

Once you've crossed the enlightenment threshold, removed fear from your life, and learned to trust your inner self, you'll feel an unimaginable force welling up inside of you. A magical energy that will influence everything you do, and rub off on everyone around you. Sounds corny perhaps, but you'll know exactly what I mean when you've experienced it. (Note: In the kit I'll send to you, there'll be more insights on this evolutionary leap in consciousness and your role in it.)

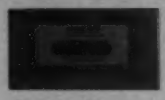
Enough said! Want to give it a shot? Before I invite you to pick up the phone, and call our 24-hour order desk, there's one last inducement I want to offer you, just in case there's the slightest hesitation in your mind about ordering. It's my final bribe. Ready?

$915.00 WORTH OF BONUS TAPES – *FREE!!!*

Bonus #1

The Super Brain Technology ($25 Value)

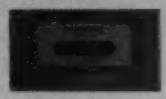
This audio report reveals startling new discoveries to awaken your creative and intuitive powers. You'll learn about the secrets behind the Brain Supercharger technology, how it was developed. Plus visionary ideas on transformation and enlightenment.



Bonus #2

Mastering Your ESP ($75 Value)

This bonus audio course will teach you to develop your hidden psychic powers. You'll be given a powerful tool for accessing your inner voice. Learn to separate true psychic impressions from mental noise, and develop your "sixth" sense to make highly accurate decisions and win in personal and business relationships.



Bonus #3

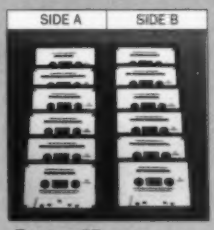
Mind Control Secrets ($75 Value)

Control your thoughts and emotions through the secrets outlined in the "right thinking doctrine." Use your mental powers to influence others and control events in your life. Reach your peak of personal power and happiness.

Bonus #4

Awaken Your Mind Power ($500 Value)

Distilled version of a popular mind power seminar. You'll receive step by step instruction in the Visioneering Technology, and learn a simple 5 minute technique to focus your mental energy and attract wealth & success like a magnet. Wipe out irrational fears. Permanently change bad habits. Win in business and love. And live a life of lasting peace and joy.



Bonus #5

12 Super Subliminal Programming Titles ($240 Value)

1) Master Fear & Anxiety
2) Increase Focus & Concentration
3) Permanent Weight Control
4) Eliminate Procrastination
5) Effective Public Speaking
6) Attracting Love Relationships
7) Stay Fit/Exercise Motivation
8) Building Self Esteem
9) Mastering Stress
10) Super Memory
11) Quit Smoking Forever
12) Success Motivation

Six audio cassettes deliver 12 powerful subliminal titles which compliment your Brain Supercharger Library, and Millionaire's Mind System. Super Subliminals provide a more reliable affirmation delivery system because they guarantee registration onto the brain.

Here it is.

SUPER BONUS BRIBE #5 12 SUPER SUBLIMINAL TITLES ($240 VALUE)

I'm going to add this SUPER BONUS BRIBE into your package, if and only if, you promise me you'll diligently USE your Supercharger and Millionaire's Mind tapes during the trial period. There are so many tapes included in your package, it will seem a bit overwhelming when you first open it. But as you read the material and begin using the tapes you should begin feeling results almost immediately.

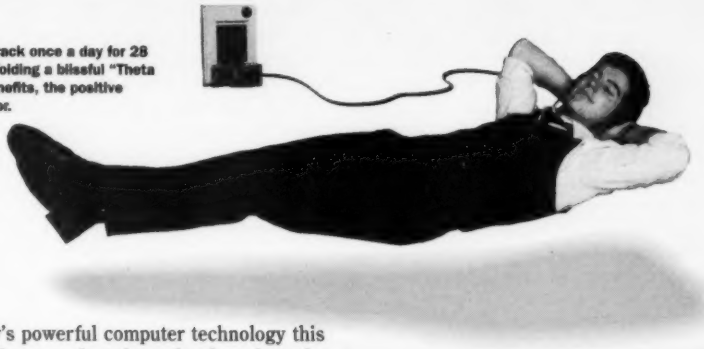
So, with that commitment in mind here are the 12 bonus Super Subliminal titles I'm adding into your kit; 1) Master Fear & Anxiety, 2) Increase Focus & Concentration, 3) Permanent Weight Control, 4) Eliminate Procrastination, 5) Effective Public Speaking, 6) Attracting Love Relationships, 7) Stay Fit/Exercise Motivation, 8) Building Self Esteem, 9) Mastering Stress, 10) Super Memory, 11) Quit Smoking Forever, 12) Success Motivation.

12 Super Subliminal titles on 6 audio cassettes. **ABSOLUTELY FREE!** And let me tell you something. These aren't ordinary subliminal tapes either. Here's why.

Subliminal tapes are based on the premise that messages below the threshold of conscious perception can influence behavior. This is true. But there's a catch. For subliminal tapes to work, the subliminal signal must be strong enough to stimulate the nerves within your ear to be able to register a response in your brain. Makes sense huh? But most manufacturers record the subliminals so low, (to mask them) the messages never make it into the brain.

The Super Subliminal tapes I'm including FREE are designed so the messages are well within the audible range for stimulation of the nerves in the ear. Along with the powerful psychological scripting, the musical & environmental soundtrack created for each title is so beautiful it literally brought tears to my eyes the first time I heard it. I just know you're going to love these special bonus tapes.

Well, that's my offer. It's a ton of tapes. Plus bonuses worth hundreds of dollars. Before you get carried away by the financial windfall, remember it's what's on them that will change you forever. And it's up to you to take action to make that



Plug your brain into the breakthrough Brain Supercharger soundtrack once a day for 28 minutes. The powerful audio matrix entrains your brainwaves, unfolding a blissful "Theta Wave" pattern. Beyond the stress busting and brain boosting benefits, the positive programming rescripts negative beliefs and self defeating behavior.

WARNING: Due to the powerful effects on the brain, these soundtracks are not suitable for epileptics or persons undergoing psychiatric treatment.

I'm serious. This is really powerful stuff. Some users actually refer to it as **"Audio LSD"**, because of it's mind altering capabilities. Since the first experimental version was introduced in 1988, over a million tapes have been sold. *(To find out what users think about it, read some of their unsolicited comments on page 6)*

O.K., let me continue by telling you how it works, and why you should give it a try.

MORE POWERFUL THAN MEDITATION OR BIOFEEDBACK

First, this is not New Age music, guided meditation, *or* hypnosis. What it is, is a combination of sound effects and sound engineering beyond anything ever offered in the mind development field. The science of sound and it's effects on the brain have taken a quantum leap in the last few years.

You see, for some time it's been known that meditation causes certain physical and chemical changes in the brain, which can lead to heightened mental awareness, improved I.Q., memory, creativity, and perceptual ability. The health benefits are also well documented.

But the problem with traditional meditation practices is it takes 15-20 years of concentrated effort to train your brain to reach the correct physiological responses to derive these benefits. Biofeedback equipment helps but is costly, and time consuming. That's where this new sound technology steps in. The results are confirming what the ancient masters have intuitively known for centuries. And that is this...

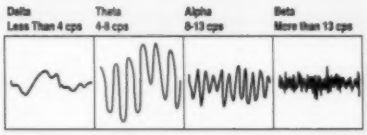
Sitting in a cave ohmming, physically changes your brain. The low vibrational sound frequencies echoing off the cave walls, alters consciousness and induces biochemical responses in the brain. Eventually this unfolds a state of enlightened awareness.

But, chanting for 20 years in a cave is what you might call a low tech method of reaching that enlightened state. Now, with today's powerful computer technology this experience can be enhanced and accelerated a thousand-fold.

ALTERING BRAINWAVES VIA SOUND FREQUENCIES

The Brain Supercharger soundtrack delivers you there instantly. You simply plug yourself into this tape once a day for 28 minutes. By sending a special combination of sound frequencies into the brain it automatically synchronizes your brainwave patterns into the optimal psycho-physical state for deep meditation, and expanded awareness.

You see, the brain produces wavelike ripples of electrical energy that correspond to certain states of consciousness. The four kinds of brainwave frequencies; Alpha, Beta, Theta, and Delta are really descriptive tags for different wave speeds. Delta is the sleep state. Theta is akin to a deep meditative state. Alpha is like having a catnap. And Beta is your daily rock and roll.



Tracings of the 4 brainwave patterns. Beta, Alpha, Theta, and Delta. Each corresponds to a certain state of consciousness.

The powerful neuro-entrainment matrix on the Brain Supercharger soundtrack physically drives your brain into an **Alpha/Theta** state of consciousness. The optimum brainwave pattern for deep meditative awareness.

The special audio matrix is subsonic, so you don't actually hear it but you sure feel it. What you do hear are the sounds of an underground stream, special tones, and angelic voices. It's weird, but it actually feels like angles are flying around inside your skull. This 3-D effect is created because the sounds are spatially delivered into your brain, along

3 Breakthroughs Give the "Supercharger" it's Incredible Powers!

The secret of these amazing soundtracks is the 3 breakthrough technologies incorporated into the audio mix.

1) The first is the neuro-entrainment matrix. A special combination of sound frequencies which entrain your brainwaves into a Theta pattern unfolding a blissful state of deep relaxation. Theta brainwaves mean more than just deep relaxation. This therapeutic mind-state is known for improving mental capabilities. A person becomes more intuitive and shows improvements in I.Q. memory, creativity and perceptual abilities.

2) The second breakthrough is the special mix of environmental sounds and tones that are spatially directed to specific brain areas. These are designed to enhance whole brain synchronization and expand even further your mental capacities.

3) The third breakthrough incorporated into these tapes is the powerful rescripting affirmations which are delivered onto your brain cells while your subconscious is at peak receptivity. Because the neuro-entrainment matrix opens a window directly into the subconscious the programming affirmations are more likely to stick.

The synergistic combination of these 3 breakthroughs has resulted in a new programming technology called *"mindscripting."* The ability to alter consciousness, induce whole brain synchrony, and reprogram belief systems all at the same time.

Computer display of EEG output while plugged into the Brain Supercharger soundtrack. Note the consistent output of "Theta" brainwaves, and the major "Theta" bursts during this 30 minute session.

with the neuro-entrainment matrix. Designed to enhance whole brain synchronization and provide a pleasant listening medium, the combination is truly "mind expanding."

When you finish each session your entire body becomes charged with a new energy and vitality. Fears and anxieties are gone. You are renewed, more alert, and mentally you feel on top of the world. And you are.

What causes the euphoria and peak experiences? The neuroscientists say the 'high' you experience is caused by a release of endorphins in the brain. A hundred times more powerful than morphine it makes you feel like you're soaring with eagles.

UNLEASHING SUPERHUMAN POWERS

Training your brain to generate Theta activity for a few minutes each day has enormous benefits, including **boosting the immune system, enhancing creativity, triggering peak experiences**, along with generating feelings of **psychological well-being**.

If this were only a tool for zapping stress, boosting brainpower and self-confidence, it would be awesome enough. But there's more. Much more. Because this amazing mind development technology can also be used to reprogram negative behavior and self-defeating beliefs. Lose weight by re-scripting your eating habits. Attract super-success by transforming your "loser mindset." Even fight disease by focusing your natural mind powers on wellness.

How can it do all this? Researchers have discovered that people who enter this "Theta State" acquire super-receptivity to new information, and a greater ability to "rescript" material on a subconscious level.

Psychologists and neurologists believe the mind uses this "Theta Window" for psychological and physiological programming. For healing both the mind and body.

Here's how you can use it to create a **winning mindset**, become a **peak performer, reprogram negative beliefs** and **self-sabotaging behavior**.

MINDSCRIPTING SECRETS

Simply listening to the Supercharger tape alters your brainwave state and opens a window directly into the unconscious mind. Then using special subliminal messages, *(affirmations recorded just below the threshold of conscious perception)* it implants positive programming onto your brain cells. Because your mind is at peak receptivity while in this **"Theta Window"** the new programming sticks.

The Supercharger alters your mind-state to peak receptivity then implants rescripting affirmations.

Bob, a real estate broker, friend of mine, started using the Ultra-Success Conditioning system. *(One of the Brain Supercharger kits dealing with success and motivation)* "It's so incredible," he said, "It's like bees swarming around the sweet smell of honey. Now that I have it together on the inside, I must give off a certain scent that is picked up by others. I can't believe all the money and deals that have dropped into my lap since I started using these tapes."

Endorphin Link: Natural High May Unlock Door To Peak Performance.

Endorphins: Some call it a "runners high." A europhic floating sensation, created in the brain by opiatelike chemicals that act as the body's natural pain killer. An effective therapeutic tool in cases of anxiety and depression, endorphins could also play a role in behavioral conditioning.

Here's the theory: If a behavior becomes linked to an endorphin release, the brain associates that behavior with it's opiatelike reward. Each time the behavior pattern is repeated, the pleasure centers are stimulated. This internal reward system creates a built-in motivation for repeating the behavior. If you want to create a desireable behavior pattern, simply link the appropriate action with an endorphin release, and the motivation becomes automatic.

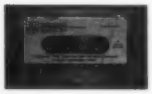
Enlightenment: Awakening The Genius Within.

The more the Supercharger tapes are used the easier it becomes to produce and maintain Alpha/Theta rhythms. As these states of higher awareness become infused into normal brain activity, the result can lead to what some have called a fifth state of consciousness, or an "awakened mind." In this state of illumination and bliss one sees the world as distinctly as before but with a new mind that perceives the universe with new meaning. It's this experience of illumination that is the seed for all breakthrough scientific theories, literary ideas, revolutionary inventions, and artistic masterpieces. The Supercharger technology induces these states by forcing your brain to focus your mental energies inward...tapping your own vast reserve of creative genius and eventually unfolding "an enlightened state of awareness."

Brain Super

Brain Supercharger Kit #1 – Ultra Success Conditioning
The most popular Brain Supercharger imprints a habit of success along with winning behavior patterns into your subconscious. Besides supercharging your brain for greater mental capacities, the success affirmations reprogram negative beliefs about making money, and implant an internal program for high achievement.

BRAIN BOOSTER BONUS



Your Brain Supercharger soundtrack is loaded with powerful mindscripting affirmations, embedded in the audio matrix. But there's something else too. Each kit comes with a second special cassette. A mindscripting booster tape. This second cassette is used to reinforce your psychological rescripting process. It will **not** alter your state of consciousness, so you can use it 24 hours a day. While working, relaxing, watching TV, even sleeping to reinforce your new winning mindset.

Amazing Side Effects: Less Sleep, Increased Sex Drive, and Enhanced Psychic Functioning.

An unusual side benefit of listening to the Supercharger tapes, is a surprising need for less sleep. Some users are able to reduce their sleep requirement by as much as 3 – 4 hours each night, rising each morning feeling refreshed as if they had slept a full 8 hours. The reason? It's believed the tapes replace the need for extensive dreaming which is the main purpose of sleep.

Another interesting side effect, many users report a dramatic increase in sex drive. No one knows exactly why, but it may be linked to changes in brain chemistry.

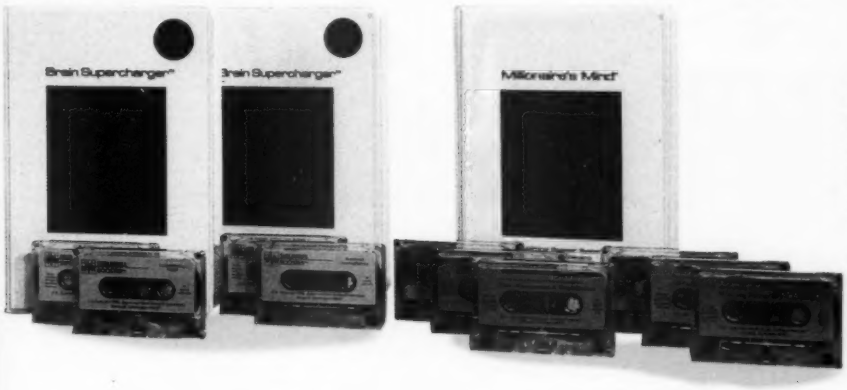
But, perhaps the most unusual side effect is the reported increase in psychic functioning, including episodes of precognition, out-of-body experiences, and spontaneous channeling events.

charger – Mind Development Library

Plus...The Millionaire's Mind Wealth Conditioning System

Brain Supercharger Kit #2 – Super Immunity & Health
Boost your immune system and enhance your mind-body connection to ward off disease and improve health. Stress is a major component in all illness, and this Brain Supercharger kit is the ultimate tool in engaging the mind to maintain health.

Brain Supercharger Kit #3 – Accelerated Learning & Memory
Learn more in less time by programming your brain to focus and concentrate better. Train your mind to operate at peak efficiency and awaken your genius capabilities by synchronizing the left and right hemispheres of your brain.



Millionaire's Mind Kit #4 – Wealth Conditioning System
The Millionaire's Mind system uses a super powerful new technology called Neuro-Mapping to fuse the 21 success traits of a self-made millionaire onto your brain cells. An extremely complex audio matrix on side "A" of each tape uses sound to stimulate the optimum brain chemistry and map new memories and beliefs about success and wealth. Side "B" of each tape acts as a triggering tool to activate these new attitudes and bring about the appropriate high achievement behavior.

The six tapes included in your Millionaire's Mind kit are (1) Attracting Prosperity & Wealth, (2) Self Confidence & Success Motivation, (3)Winning Personality/Charisma (4) Creativity & Problem Solving, (5) Communication & Mental Skills, (6) Time Management & Organization.

MIND DEVELOPMENT LIBRARY

And that's not all. The Brain Supercharger comes in different flavors, depending on which areas of your life you would most like to address. As I just mentioned each kit contains 2 cassettes. The powerful Brain Supercharger and the Mindscripting booster cassette, packaged in a handsome album with complete instructions. That's what you'd get if you ordered only one Brain Supercharger kit.

But if you take me up on my special offer, I'll send not one, but **3 complete systems**. Yes! A virtual library of Brain Supercharger kits, to address three of the most critical areas in your life; Success, Health, and Learning. The titles of your Mind Development Library are:

1. **Ultra Success Conditioning**
2. **Super Immunity & Health**
3. **Accelerated Learning & Memory**

The first Supercharger kit, Ultra Success Conditioning, will program you for skyrocketing success, rescripting negative beliefs about money, eliminating self-sabotaging behavior, and imprint you with soaring self confidence.

The second Supercharger kit will boost your immune system and enhance your mind-body connection to ward off disease and improve health.

And the third kit; Accelerated Learning & Memory Enhancement, is designed to improve mental functioning by helping you learn more in less time, programming your brain to focus and concentrate better.

Three powerful supercharger systems together in a power packed Mind Development Library to address these critical areas in your life.

Although your Library of tapes is complete in every respect, we've just finished developing something truly remarkable that I want to include in your package at no additional cost. It will turn on your mental money faucets, till you're dripping with cash. It's called the...

MILLIONAIRE'S MIND WEALTH CONDITIONING SYSTEM

What would you think if I offered you a brain transplant from a self made millionaire? Not a surgical transplant. No. Just the mental programming. A new series of 12 soundtracks, recorded onto 6 audio cassettes, will tattoo the mental conditioning and success traits of a self made millionaire onto your brain cells.

Things like charisma, high energy and enthusiasm, positive risk taking, self confidence, creativity, goal setting and follow through, a belief in abundance, along with the focus and commitment to overcome all obstacles. In fact after extensive research it was discovered there are 21 identifiable success traits of a self made millionaire. And each has been carefully scripted onto 6 very special audio cassettes, using an advanced mindscripting technology called Neuro-Mapping. It creates positive memories and links them to wealth creation behavior. The Millionaire's Mind programming may even be more powerful than the Brain Supercharger series.

HERE'S MY SUPER DEAL

Look: All of this is powerful stuff. And I want you to feel as enthusiastic as I do about it's life enhancing possibilities. So I'm going to make it super easy for you to try this program without any risk on your part whatsoever. If purchased separately the 3 Brain Supercharger kits, and Millionaires Mind System would cost you $219. (*Note: Brain Supercharger kits are $49.95 each, and The Millionaire's Mind System is $69.95*) But as part of my special offer to you I will deliver to your home or office this entire library for only **$149.95** plus $9 shipping & handling. **You save $69.00. That's like getting the Millionaire's Mind FREE.** If you knew all the sweat and money that was poured into developing this program you'd understand why this is such an incredible deal.

But I want you to feel super motivated. To be absolutely sure you'll give this program a try. So, I'm going to sweeten the deal with several very valuable bonuses. Consider them bribes if you like. My motive here is to overcome any doubts or excuses you might have for not giving it a try. Let me begin with...

BONUS BRIBE # 1 "THE SUPERBRAIN TECHNOLOGY" ($25 VALUE)

This audio report reveals startling new discoveries to awaken your creative and intuitive powers. You'll learn about the secrets behind the Brain Supercharger technology. How it was developed, plus visionary ideas on

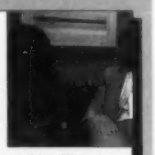
Thousands of "*Supercharged*" Customers Say it Best...

Steven Quong, Stockbroker

Tripled income first month, doubling it again the second month!

" In September of this year, I had my worse month of the year in generating income. I decided I had to make a major commitment to improve my performance, beginning with the resolution of any subconscious conflicts about achieving success... In October, my first month of using the tapes I tripled my income from the previous month. And the month after that I doubled it again. The only thing I did differently was listen to these tapes, principally the Ultra Success Conditioning Brain Supercharger tape. The Zygon tapes are vastly superior to all others on the market...They (the tapes) produce altered states of consciousness of a profound nature. They are invaluable tools to enhance the developmental and learning processes by providing controllable, repeatable entry into states of mind which are rarely accessed consciously. Unequivocally, the title of "King of Self Improvement Tapes" goes to the Brain Supercharger by Zygon."

"Thanks for those extraordinary tapes. I can't overemphasize my pleasure with the Brain Supercharger kit. I think you have created something that is unique and very special. You've done an excellent job in its design, purpose, packaging, and effectiveness. I release stress so much faster now, and have noticed after a meditation I have a sparkle and shine in my eyes that wasn't there before. This program has been a real "God Send" for law school. Law school is nothing but hard work and stress. Anyone involved in any type of school or serious study should own these tapes." **– Berrick Dewhirst, California**



Dwight Brown & Patrica Brown, TV Reporter & Attorney

Discovered new career path, improved love relationship!

"I always had a wish to write a screenplay, but it had always been a wish. Never something I believed I could actually do. I just sat down for one extended weekend. And I wrote it. And now I have several agents who have taken a serious interest in it. That was an immediate benefit. I needed a trigger...I needed a catalys...I needed something in my life. And I think the tapes have been instrumental in in that... Within a week, I had actual proof that I was doing something different. There was some transformation happening inside of me. It's strange because it's a completely different experience then anything I've ever tried. These tapes bring about benefits without the kind of effort that normally you would have to make to change self-limiting behavior. **– Dwight Brown**

"...Since we've been listening to the tapes, I would have to say that I think we have a much better relationship. Things that would cause blowouts before, we just laugh at.. It's really wonderful." **– Patricia Brown**

"...I have been on the path to enlightenment since the 60's. I've used many different tapes and attended many seminars, trainings, etc. The first time I listened to your tape was in some ways similar to the aftermath of my first rebirth session. Both times I felt a clarity of mind and real sense of experiencing the present moment to the fullest. I felt very powerful, joyful and ready to take on the world.... No need to go through mental exercises or countdowns–just lay back, relax and there I am – theta bound. What a joy. Who needs Disneyland with that kind of fun!" **Dorothy McLeod, California**

"...I would like to say that your tape set is the most fantastic higher consciousness tool I have ever come across, and I have been searching for something like it for over ten years. During my first session with tape 1, I experienced what I can only describe as a **body orgasm.** My entire body was tingling and warm, and I felt I was going to levitate at any moment. I also had an overwhelming feeling that something profound was happening to me. I can't describe how wonderful I felt. I hope that the entire human race can be turned onto these tapes because I think it would totally transform the world..." **– Daniel O'Leary, Illinois**

Barbara Gordon, Interior Designer

Increased income, expanded personal powers!

"What is so wonderful about these tapes, is that it really has tapped my natural abilities. It's not what anyone else has to offer. It's what I have to offer. I feel so totally in control of my life, my relationships, and myself. I had an investment that has been doing nothing and within a couple of weeks of listening to the tapes, the investment took off and I got a windfall of thousands of dollars. I think we've all experienced that part of our lives when we're "on" so to speak, we know it's going to happen..we know it's going to be great...but to feel that way all the time, and to have a vehicle to help you keep that way...it's just fantastic. I love it. I guess it's what you makes you happy. Because I'm really happy.

"First of all, I must say I'm really fed up with all the hype and exaggerated claims used to sell most of the self-improvement tapes on the market. I have an extensive collection of such tapes, and while some of them are good, most of them just don't live up to their advertising... Such disappointments cause one to become somewhat skeptical after awhile, and indeed, when I placed my order for your tapes, it was with considerable doubt that they could be as good as your ads made them sound. Can you imagine my surprise and utter delight when your tapes turned out to be even better than your enthusiastic endorsements. After listening only one time, I knew without a doubt that these were the tapes I had been searching for. (Actually, one doesn't just listen to your tapes, one experiences them. And what a pleasurable experience it is!)" **– Ron Gladwin, Oklahoma**

Whitman Parker, Real Estate Agent

Increased income, and self worth!

"I'm just so much more intuitive now after using the Supercharger tapes. Some very strong images come to me at times. It's almost like being awake, yet I'm dreaming. I guess I'm just in tune with what's going on because I'm attracting success and money. Things have just fallen into my lap recently that otherwise I don't think I would have had. We're in a different market right now than where we were. It's a little slower. It's a little tougher, a little more difficult to make a buck. But it hasn't affected me. I'm winning!

Note: These testimonials are all unpaid and unsolicited. These and thousands more just like them in our files are examples of the people whose lives were transformed by the power of these tapes.

transformation and enlightenment.

And that's not all. I'm also including in your package FREE...

BONUS BRIBE #2
"MASTERING YOUR ESP" ($75 VALUE)

This bonus audio course will teach you to develop your hidden psychic powers. You'll be given a powerful tool for accessing your inner voice. Learn to separate true psychic impressions from mental noise, and develop your "sixth" sense to make highly accurate decisions and win in personal and business relationships.

And if that's not enough here is...

BONUS BRIBE #3
"MIND CONTROL SECRETS – A GUIDE TO PERSONAL POWER" ($75 VALUE)

Control your thoughts and emotions through the secrets outlined in the "right thinking doctrine." Use your mental powers to influence others and control events in your life. Reach your peak of personal power and happiness.

And the fourth bonus...

BONUS BRIBE #4
"AWAKEN YOUR MIND POWER – ENERGIZE YOUR SUBCONSCIOUS FOR WEALTH & PROSPERITY" ($500 VALUE)

This is a distilled version of a popular national mind power seminar **costing over $500.00**. You'll receive step by step instruction in the Visioneering Technology, and learn a simple 5 minute technique to focus your mental energy and attract wealth & success like a magnet. Wipe out irrational fears. Permanently change bad habits. Win in business and love. And live a life of lasting peace and joy.

These are incredible bonuses, with a comparable retail value worth hundreds of dollars. But I won't stop here. No. I'm so confident you're going to love these tapes, I'll also assume 100% of the financial risk just for getting you to try them. Here's my promise and personal guarantee.

FREE 30-DAY HOME TRIAL

After you receive your package, follow the instructions and give the tapes an honest workout for 30 days. If at anytime during this 30-day trial period you're not absolutely convinced these are the most incredible mind development tools ever created, simply return your package and I'll send you a full and immediate refund. There are no exceptions. It will either blow your mind or you get your money back. Period!

And, even if you decide to return it for a refund, keep all the bonuses as my gift to you, just for giving it a try. **YES!!! YOU MAY KEEP ALL $915 WORTH OF BONUS TAPES AND STILL RECEIVE 100% OF YOUR MONEY BACK (less s&h).**

WHY ALL THE FREE BONUSES?

Perhaps you're wondering why I'm giving away all these free bonuses. Especially if this stuff is as good as I say it is. There are two reasons actually.

1). First, over the last year and a half I've

HEALING

[CONTINUED FROM PAGE 64]

der Technique, PO Box 3992, Champaign IL 61826-3992; (217) 359-3529.

Feldenkrais: *The Feldenkrais Guild, PO Box 11145, San Francisco CA 94101; (415) 550-8708.*

Trager: *The Trager Institute, 10 Old Mill St., Mill Valley CA 94941-1891; (415) 388-2688.*

ENERGY BALANCING

Foot Reflexology: *The International Institute of Reflexology, PO Box 12642, St. Petersburg FL 33733-2642; (813) 343-4811.*

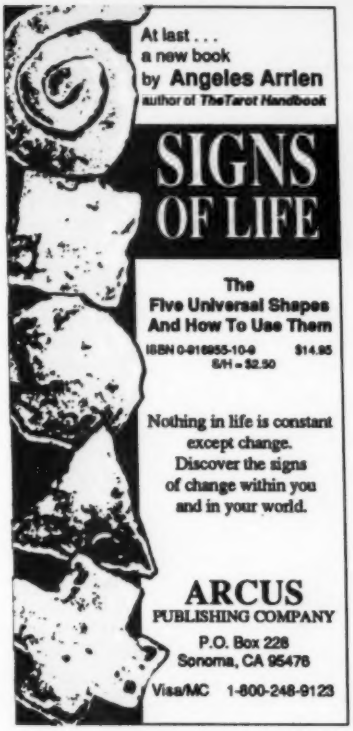
HEALING MASSAGE

Acupressure: *Acupressure Institute, 1533 Shattuck Ave., Berkeley CA 94709; (415) 845-1059.*

Infant Massage: *International Association of Infant-Massage Instructors, 2350 Bowen Rd., PO Box 438, Elma NY 14059-0438; (716) 652-9789.*

Massage Therapy: *American Massage Therapy Association, 1130 W. North Shore Ave., Chicago IL 60626-4670; (312) 761-AMTA.*

Francine Rota is a freelance writer who specializes in natural healing.



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Something new from something old. Purity Foods introduces VITA-SPELT® pasta. Made from Spelt, a grain with a 9000 year old history, our pasta is a new approach to putting a healthy, delicious and nutritious meal on your table and it's **wheat free!**

VITA-SPELT® pasta fuels your energy reserves with a high level of complex carbohydrates, B vitamins, the eight essential amino acids, iron and potassium. VITA-SPELT® is the high octane fuel you need to perform at your maximum efficiency whether at work or play.

With its delicious nutty flavor, a package of VITA-SPELT® pasta goes a long way. Complement it with your favorite sauces, sprinkle it with herbs and cheeses. Its high fiber content assures your most hungry guest a satisfying meal.

Easy to prepare and elegant to serve, **wheat free** VITA-SPELT® pasta is today's choice for healthy eating.

Another healthy product from:

Purity Foods Inc.
2871 W. Jolly Road
Okemos, MI 48864 USA
Ph. (517) 351-9231

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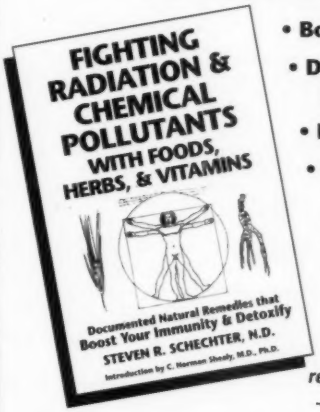
Empower Yourself to Feel Great All the Time



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- **Detoxify from Chemical Pollutants, Radiation, X-Rays, Drugs & Alcohol**
- **Prevent or Treat Diseases**
- **Generate Optimal Vitality & Health**

"This is a breakthrough book. It needs to be read and used by everyone."
— Michael Castlemen, Author; Editor, Medical Self Care Journal

"I am impressed with the research...The recommendations are both safe and effective."
— C. Norman Shealy, M.D., Ph.D.; Author

▶ Dr. Schechter is donating half of his royalties to national non-profit groups working for a healthier environment.

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Natural Beauty

Healthy ways to bring out the beauty within.

BY TERI KEOUGH

LOOKING GOOD

It's More than Skin Deep

IN THESE HEALTH-CONSCIOUS times, credence goes to that old cliché: Beauty comes from within. Nutrition, exercise, and a good night's sleep all have obvious effects on our appearance. And just as we look for purity in the food and water we consume, more of us are becoming aware that the substances we use *on* our bodies affect us more than superficially.

With this in mind, manufacturers of natural cosmetics have developed a dizzying array of products—from shampoos to moisturizers to lip balm to deodorants—derived from plant, rather than petrochemical, sources. Some have no synthetic preservatives. And many are "cruelty free," using only ingredients that are not tested on animals and/or do not come from animals.

Animal-rights proponents have lobbied long and hard to prevent needless suffering in the name of vanity. Most companies—including a handful of big-name manufacturers—that don't test on animals will state so on product labels. But "cruelty-free" claims can be misleading. Helping cut through the hype is the **Shopping Guide for Caring Consumers**, published by People for the Ethical Treatment of Animals, or PETA. *PO Box 42516, Washington DC 20015; $2.95.* A wallet-sized **Beautiful Choice Directory** is also available from the Humane Society of the United States, or HSUS. *2100 L St. NW, Washington DC 20037; $2.50 for 25 copies.* Both PETA and HSUS have developed logos, which appear on products that pass muster. (Note that PETA has one logo showing that a substance was not tested on animals and another logo attesting it has no animal ingredients; HSUS's "Beautiful Choice" logo indicates only the former.)

However, as Debra Lynn Dadd points out in **Nontoxic, Natural, & Earthwise** (Jeremy P. Tarcher, 1990; $12.95), "cruelty-free" doesn't necessarily mean "natural" (a term that in itself can be deceptive). Learn to read a bit between the lines. A product billed as cruelty-free may contain a synthetic additive (such as fragrance or color) whose kindness to humans is questionable, or a chemical preservative whose lack of biodegradability makes it not so nice to the Earth. Remember, too, that "natural" doesn't necessarily mean "safe"—there are irritants and toxins found in nature, too. To find out more about the relative toxicity of cosmetics ingredients, refer to Dadd's book or to the newsletter **Greenkeeping**. *Box 28, Annandale-on-Hudson NY 12504; (914) 246-6948. Bimonthly; $22.50/year; sample issue $4.* Or pick up Ruth Winter's **Consumer's Dictionary of Cosmetic Ingredients** (Crown, Third Revision 1989; $10.95), and look up any suspicious terms yourself.

Cosmetics entrepreneur Anita Roddick, founder of The Body Shop.

Another resource for sorting through the maze of personal-care products is Bruce Anderson's **Ecologue** (Prentice Hall Press, 1990; $18.95). This friendly, *Whole Earth Catalogue*-style catalogue assesses hundreds of products—including personal-care items—in shades of green. It includes buying tips and a rundown

Putting Your Best Face Forward

Perhaps the word *esthetician* conjures up images of gum-snapping, beehive-hair-doed characters from a John Waters movie. Think again. The Sarasota School of Natural Healing Arts, in Sarasota, Florida, offers an advanced esthetician-training program whose focus is on natural skin care—encompassing such nontraditional methods as massage, reflexology, and aromatherapy. Instructors endorse only natural plant and botanical skin-care products and cosmetics that are "in balance with the Earth and ourselves" and that are not tested on animals.

Also offered is a program in advanced "nail technology" in which students learn healing-massage principles along with manicure and pedicure procedures (gossiping techniques are decidedly absent from this course schedule). The school's third program of study, massage therapy, blends ancient and contemporary practices of healing as well as spa therapies, sports massage, nutrition classes, and management skills.

Programs may be attended on either a day or evening schedule. *The Sarasota School of Natural Healing Arts, 8216 S. Tamiami Trail, Sarasota FL 34238; (813) 966-7117.*

COURTESY THE BODY SHOP

of "favorite" companies and catalogues.

And, finally, check out Aubrey Hampton's **Natural Organic Hair and Skin Care** (Organica Press, 1987; $17.95). A veritable encyclopedia of natural cosmetics, this comprehensive book includes an *A*-to-*Z* guide to ingredients, both natural and synthetic, as well as a probe of the cosmetics industry and a wealth of natural-beauty alternatives. Hampton's product line, Aubrey Organics, has been around for a quarter of a century (see catalogue listing on page 76 for more information).

Still confused? Perhaps the best tip of all is that classic Earth Day chestnut: Buy less. The first question a consumer should ask about any "beauty" product is simply, Do I really need this?

MARKETING

Greening of the Cosmetics Counter

THE INCREASING POPULARITY of natural products has not gone unnoticed by the mass-market industry. Two cosmetics giants, Estée Lauder and Revlon, now have offshoots in greener pastures. Estée Lauder's new line, **Origins**—boasting a commitment to "preservation of Earth, animal, and the environment"—offers products never tested (and never to be tested) on animals and containing no animal-derived ingredients. Origins products, including skin-care items, makeup, Sensory Therapy bath aids, and Plant Spirits essential oils, are packaged and shipped in recycled paper, and the company accepts the return of empty containers for recycling. Origins products are sold at a number of department stores across the country; the first freestanding Origins store, in Cambridge, Massachusetts, has an in-store library stocked with books on healthy living. More store openings (including in New York) are being scheduled for the upcoming year. *To locate the nearest retail outlet offering Origins products, or for information about ordering by mail, call (800) 767-TREE.*

Meanwhile, Revlon has been promoting its smaller **New Age Naturals** line of skin-care products formulated with only "natural" ingredients derived from flowers, fruits, nuts, herbs, and "elements from the sea." Product packaging is recyclable, and all formulas are non-animal-tested, though some contain a limited number of animal by-products. New Age Naturals are widely available in department- and drugstores across the country. *For more information call (212) 527-4000.*

It wouldn't be surprising if both companies took their cue from **The Body Shop**, the international chain begun by brassy British entrepreneur Anita Roddick. With more than 600 shops in 37 countries, Roddick—who recently authored **Body and Soul** (Crown Publishers, 1991; $22 hardcover), detailing her secrets for success—has been championing cosmetics-with-a-conscience since 1976. The hundreds of Body Shop products (including a Mostly Men's line), derived from an exotic assortment of (mostly natural) substances, are biodegradable and not tested on animals. And though Roddick avoids conventional advertising—while

Jumping on the bandwagon: Revlon's New Age Naturals.

The Ten-Minute Facelift

Can you rejuvenate your face through exercise and massage, just as you might limber up your limbs? Former dancer and choreologist Judith Kando thinks so. In The Natural Face Book (Thorsons/HarperCollins, 1991; $13.95), Kando presents a series of daily exercises drawing from not only dance disciplines but also yoga, acupressure, herbalism, and aromatherapy. Step by step, readers work their way up to a complete "facelift" routine that takes ten minutes a day. Here's one of the techniques Kando recommends for crow's feet:

The way to get rid of crow's feet is to perform external eye-corner contractions against resistance. Lick your index finger and put it against the outer corner of your eye, making sure you gently flatten the lines. Use your other hand to keep everything else still.

1. Your eye is quite rightly going to react to the pressure of your finger on the outside corner, and you will at first feel some twitching movements there.

2. As your eye gets used to the touch, you will be able to hold your finger in this position and keep your eye open, still, and relaxed.

3. At this stage, you may start contracting your lower lid. Begin with eight repetitions for each eye. When you get better, double the number. The movement you feel when doing a lower-eyelid contraction is like a squint, but without the usual grimace that goes with a squint. Each contraction and release can be clearly felt under your index finger. Try to keep your eye open as wide as possible while contracting your lower lid. Be your own judge as to how many repetitions (between 20 and 50) are a good number for you. It is helpful to work to music that has a regular beat. Don't forget to count, as you are going to do the same number of repetitions with your other eye. Carry on until you feel your lower eyelid getting very tired, but before you stop, increase the speed to double time and make the contractions smaller and smaller until there is no movement left, only a firmly toned muscle. Now tell the outside corner of your eye that this is its place, this is where it lives.

4. End with firm pressure against the acupressure point on the outer and upper corner of your eye socket. Breathe deeply and hold your breath for a while. Then breathe out slowly while releasing the pressure.

From The Natural Face Book. *Copyright 1991 by Judith Kando. Used by arrangement with Thorsons/HarperCollins.*

ILLUSTRATION: JEM SULLIVAN; PHOTO: COURTESY REVLON

Something to Sniff At

If the first waft of spring evokes a lost love, or a whiff of a Christmas tree makes you feel like a kid, you know about the link between the sense of smell and the psyche. Aromatherapy—the healing use of fragrant oils from plants, a practice dating back thousands of years—takes this premise further, using specific scents to enhance mood and treat ailments ranging from dry skin to depression. (Contemporary scientific studies have corroborated the notion that scents stimulate the brain: Pleasant smells have been proven to increase productivity and congeniality.) In present-day aromatherapy, essential oils (such as lavender, sandalwood, or chamomile) are heated in aroma lamps, inhaled by steaming, used in compresses, added to massage oils, or used in diluted form for skin and hair care. (See "Beauty by Mail" in this section for some mail-order suppliers.) Here are some recipes for using essential oils to make aromatic baths from Erich Keller, aromatherapist and author of **The Complete Home Guide to Aromatherapy**:

Recipes for Aromatic Baths. To begin your aromatic bath, fill the bathtub with water and get in. Wait a few minutes and then pour the essential oils into the water; by then, your skin is more receptive. To blend the water and the essential oil, move the water gently with your hand. You should never put the oil in an empty tub or under the running water, because it will evaporate before you enter the tub. To dilute the oil and/or emulsify, you can use vegetable oil (two to three tablespoons will act as a moisturizer), honey (one tablespoon), or vinegar (two to three tablespoons will help blemished or oily skin).

Stimulating and refreshing morning bath: 4 drops rosemary, 2 petitgrain; or 3 drops rosemary, 3 bergamot

Cleansing and refreshing bath: 3 drops lemon, 3 geranium, juice of one lemon (optional); or 4 drops juniper, 2 rosemary, 2 fennel; or 3 drops thyme, 2 rosemary, 1 lavender, 1 peppermint

Relaxing muscles: 4 drops rosemary, 2 marjoram, 3 lavender or Roman chamomile

Colds, flu, and other infections: 3 drops lavender, 2 rosemary, 2 thyme (stimulating, use in morning); or 4 drops rosemary, 2 verbena

Depression, fear: 4 drops clary sage, 2 bergamot; or 6 drops Melissa, 4 basil

Nervousness, overexcitement: 6 drops geranium, 4 basil; or 4 drops lavender, 4 clary sage; or 5 drops orange, 1 jasmine

Mental confusion: 6 drops Melissa, 4 bergamot; or 6 drops lemon, 2 lemongrass, 2 lavender; or 4 drops rosewood, 4 patchouli

Shock: 4 drops clary sage, 2 marjoram, 2 rose, 2 ylang-ylang; or 4 drops cypress, 2 cedarwood, 2 sandalwood

Relaxation, meditation, inner silence: 6 drops frankincense, 4 patchouli, 2 bergamot, 3 lavender, 3 bergamot (relaxing, use at night)

From The Complete Home Guide to Aromatherapy. *Copyright 1991 by Erich Keller. Reprinted by permission of H. J. Kramer, Inc., PO Box 1082, Tiburon CA 94920. All rights reserved.*

speaking loudly for global causes—her business continues to boom. *Body Shops can be found in numerous locations throughout the country. To order a Body Shop By Mail catalogue, call (800) 541-2535.*

CATALOGUES

Beauty by Mail

NATURAL BEAUTY PRODUCTS have long been available in health-food stores and through dozens of enterprising mail-order suppliers. Following is an arbitrary listing of innovative catalogues and companies. Unless otherwise noted, these sources offer products not tested on animals and not derived from animal products. Catalogues are free unless otherwise noted.

Alexandra Avery Purely Natural. Skin-care products and botanical perfumes from home-grown organic herbs. Made the honor roll for social responsibility in the Council for Economic Priority's *Shopping for a Better World. 68183 Northrup Creek, Clatskanie OR 97016; (503) 755-2446.*

Aubrey Organics: Natural Hair and Skin Care Catalog. More than 120 high-quality hair, skin, and body-care products made by maverick cosmetic chemist Aubrey Hampton. (Plus informational tips on "how to read a cosmetics label" and other topics.) No petrochemicals or other synthetic ingredients—citrus-seed oil is used as a preservative. *4419 N. Manhattan Ave., Tampa FL 33614; (800) AUBREYH. $3.50; price deductible with first order.*

Soaking in a sea clay mask from Aubrey Organics.

Aura Cacia. Essential oils, botanical perfumes, aromatherapy bath products and massage oils, and natural body powders made with cornstarch instead of talc. No synthetic fragrances or colors. Donates to 1% For Peace. *Box 399, Weaverville CA 96093; (800) 437-3301.*

Eco-Choice. "Environmentally progressive and cruelty-free products." Included are preservative-free, seaweed-based skin and hair products by Tonialg; natural sun protection by MillCreek; and cosmetics by Annemarie Borlind and Reviva. *PO Box 281, Montvale NJ 07645-0281; (800) 535-6304, ext. 1155.*

Essential Aromatherapy. Quick-and-easy inhalers. *997 Dixon Rd., Boulder CO 80302; (800) 999-7422. $1.50.*

Flower Essence Services. Flower essences and related supplies. *PO Box 1769, Nevada City CA 95959; (916) 265-0258.*

Herb Hollow. Made from herbs: "nuptial potpourri," lip balm, bath blends, facial steams, scrubbing grains, hair rinses, and much more. *Safford Rd., East Otto NY 14729; (716) 257-5105.*

Home Health Products. Scores of products for health, beauty, and wellness based on the holistic-health concepts of Edgar Cayce. Limited use of animal ingredients—product list revealing these available on request. *1160 Millers Lane, Virginia Beach VA 23451; (800) 284-9123.*

Jason Natural Cosmetics. Hair, skin, foot, and nail care, sun blocks, aromatherapy oils, and tea tree oil. Recyclable packaging; biodegradable. *8468 Warner Dr., Culver City CA 90232-2484; (800) 821-5791. In CA: (213) 838-7543.*

Kiss My Face. Skin and hair care products that are biodegradable, have no artificial colors, and "avoid unnecessary chemicals." Also makes Kiss Off, a natural insect repel-

COURTESY AUBREY ORGANICS

Introducing the best selling European solution for healthier skin, hair and nails.

From cultured quartz crystals comes Body Essential *silica* Gel.™

Crystals have long been thought to possess mysterious powers. But it's no mystery why Body Essential *silica* Gel became the best selling product in German health food stores. And the best selling silica product worldwide. It really works.

What does silica do?

An aqueous compound of oxygen and silicon — silica is a natural, elemental substance essential to all living things. It's nature's building block.

Research has proven that silica plays a vital role in the human body by strengthening the connective tissue, skin, hair, and nails. As well as building stronger bones. Speeding cell regeneration. And stimulating the immune system to protect against infections and environmental toxins.

Radiant skin, shimmering hair, long gorgeous nails need help to stay that way.

Unfortunately, our body's own supply of silica eventually ages and is not easily regenerated. You can see it in dry, wrinkled skin. Dull, lifeless hair. And brittle nails.

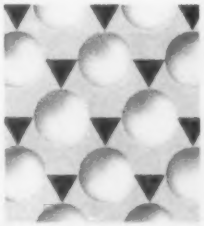
Foods ordinarily rich in silica, like vegetables and oats now often grow in mineral depleted soil. So our daily diet usually lacks sufficient quantities.

We need a silica supplement. We need Body Essential *silica* Gel.

Fast-absorbing ***Body Essential silica Gel*** *™ goes right to work all through the body.*

What makes silica Gel™ different?

Other forms of silica are mostly horsetail-based in either a capsule or pill form. But *silica* Gel derived from quartz crystals is a "colloidal" preparation — a solution of extremely small, nondiffusible particles suspended in water. And since the human body is a colloidal system, *silica* Gel is absorbed faster and more completely.



Body Essential silica Gel's *™ unique molecular structure has a much higher reactive surface to more effectively strengthen the connective tissue and stimulate cell metabolism.*

So more active silica is on its way to help smooth skin, add luster and sheen to hair, and harden nails.

For complete information on all the benefits of the best selling

Body Essential silica™ Gel

Mineral Supplement for tissue health, skin, hair and nails

send in this coupon:

Please rush my FREE 12 page color information booklet.

NAME _____

ADDRESS _____

CITY _____ ST _____ ZIP _____

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Agoura, CA 91301 • 800-843-9535

NatureWorks, Inc. • Agoura, CA 91301 • (818) 889-1602 • (800) 843-9535 (outside of California)

lent. *PO Box 224, Gardiner NY 12525; (914) 255-0884.*

Lion & Lamb. Personal-care products; some contain lanolin, beeswax, or honey (noted in catalogue). Vegetable jelly (no petroleum), Earth Science products for men, Rachel Perry skin care, massage oils, natural deodorants and insect repellents, many other items. *29-28 41st Ave., Suite 813, Long Island City NY 11101; (800) 252-6288.*

Meadowbrook Herb Garden. Herbal cosmetics, toiletries, skin-care preparations, bath oils, fragrances, and soaps among the teas and spices. *PO Box 578, Fairfield CT 06430-0578; (800) 845-0008. $1.*

New Moon Extracts. Makes GeremyRose Fresh Cosmetics using essential oils and herbal extracts in place of chemical preservatives and colorings. *PO Box 1947, Brattleboro VT 05301; (800) 543-7279.*

Orjene Natural Cosmetics. No mineral oils or artificial colors. Catalogue codes items free of fragrance and animal ingredients. Aromatherapy body products, skin and hair care, deodorants, sun screens, shaving lotions. *5-43 48th Ave., Long Island City NY 11101; (718) 937-2666.*

Rainbow Research. Hair, skin, and body products, plus bubble bath, massage oil, toothpaste. Also makes Stony Brook Botanicals hair and body products. *170 Wilbur Place, Bohemia NY 11716; (800) 722-9595.*

Thursday Plantation. Touting the healing properties of tea tree oil in a variety of products for skin and hair care, plus perfume, sunblock, deodorant. Biodegradable. *6440 Via Real, Suite B, Carpinteria CA 93013; (800) 848-8966. Available in health food stores.*

Weleda. Natural products for skin, body, and hair care in keeping with the principles of Rudolf Steiner. No synthetics, preservatives, or additives. *841 Chestnut Ridge Rd., PO Box 769, Spring Valley NY 10977; (914) 352-6145.*

CLOTHES

Wearing of the Green

IT USED TO BE THAT IF YOU wore only natural-fiber clothing you could feel pretty darned smug. No more. Now, to be totally correct, your garments must be "green"—fashioned from organically grown cotton that is undyed, unbleached, and untreated with formaldehyde. Through the magic of mail order (via the **Seventh Generation** catalogue), it's now easy to be green—from your underwear to your crew socks (stretched with latex tapped on Malaysian rubber farms) to your polo shirt (sporting tagua-nut buttons from the rainforest). And you can sleep with a clear conscience under **green cotton** sheets and blankets, after drying yourself with a green cotton towel. Green cotton items can also be ordered through **Co-op America**, **Pure Podunk**, and other catalogues. *Seventh Generation, Colchester VT 05446-1672; (802) 655-3116. Co-op America, 2100 M St. NW, Suite 403, PO Box 18217, Washington DC 20036; (202) 223-1881. Pure Podunk, Old Schoolhouse Center, Route 132, Sharon VT 05065; (800) 776-3865. In Vermont: (802) 763-8561. $2.*

Anti-fashion is the statement made by **Travis Place Briefs**, purveyors of natural-fiber undergarments and outerwear modeled by women of all shapes and sizes who wear false noses or funny hats or otherwise yuk it up. The headlines are a hoot—FRONT-END LOADER, NO FALLOUT—and the styles are clearly made for comfort. *PO Box 30005, Durham NC 27702-3005; (800) 388-4101.*

Celebrating beauty—in all shapes and sizes: Travis Place Briefs.

Another way to wear your politics on your sleeve is to order fashions from afar. **Pueblo to People**, whose colorful clothing, baskets, and other items are handmade by indigenous people in Guatemala, Peru, Mexico, and other countries, returns 40 to 45 cents out of every sales dollar to the producers. And **Artventure**—whose exotic designs hail from Bali, India, and good-ol' USA—donates 10 percent of its profits to organizations supporting "the people and environment of planet Earth." *Pueblo to People, 1616 Montrose #4500, Houston TX 77006; (800) 843-5257. Artventure, 2547 Eighth St. #39, Berkeley CA 94710; (415) 548-3030.*

WOMEN'S PRODUCTS

Guilt-Free Hygiene

Most of us know that disposable diapers are an eco–no no. But how many women blush as they toss their share of disposable tampons and pads into the toxic heap? The dioxin produced in bleaching menstrual products presents a serious risk to the environment, and its traces on the products themselves may jeopardize our own health.

One alternative is to use unbleached menstrual products. **Today's Choice** is one source offering feminine-hygiene pads bleached without chlorine and made with all-cotton cover sheets. They're available in many health-food stores and through various mail-order catalogues. *For more information or to locate a distributor, contact Today's Choice, Consumer Center, 500 American Ave., King of Prussia PA 19406; (800) 262-0042.*

Another alternative is to avoid disposables altogether and opt for reusable menstrual pads. The Menstrual Health Foundation (MHF) will not only supply you with said pads—including some made from organic cotton—but will cheer you on as you make the switch, proclaiming "blessings on your cycle" and urging "the return of womanly vision." Through its **Menstrual Wealth Catalogue**, MHF offers washable, cotton New Cycle pads (in pastel, flowery flannel and practical cinnamon-brown organic cotton), as well as supportive literature, "cycle celebration kits" (aimed at those just coming of age), and such paraphernalia as moon pouches, moon bowls, and, of course, moon panties. *104 Petaluma Ave., Sebastopol CA 95472; (800) 845-FLOW.*

Teri Keough is a contributing editor of New Age Journal.

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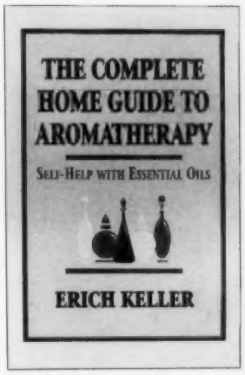

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COURTESY PETER DAMROTH/TRAVIS PLACE

Food & Fitness

Tools and tips for eating right and feeling great.

BY RONALD KOTZSCH

COOKING

Learning to Cook Naturally

FOR MANY PEOPLE, THE LEAP from the standard American diet to vegetarian or natural fare can be a big one. And often the success of the transition depends on the development of new cooking skills. While learning from a cookbook is fine, studying directly with a gifted cook is something else again.

There are a number of cooking schools that focus on natural foods and vegetarian cooking. Preeminent, perhaps, is New York's **Natural Gourmet Institute for Food and Health**, run by Annemarie Colbin, author of **Food and Healing** (Ballantine, 1986; $10.95) and **The Book of Whole Meals** (Ballantine, 1985; $10.95). Besides its chef's training program, the school offers weekend and evening classes in everything from Chinese stir-frying to medicinal cooking. Colbin also has produced a video, **The Basics of Healthy Cooking** ($39.95). *The Natural Gourmet Cookery School, 48 W. 21 St., New York NY 10010; (212) 645-5170.*

Graduates of Colbin's school have founded independent schools based on the same principles in Stamford, Connecticut: *(203) 325-1142;* Minneapolis, Minnesota: *(612) 823-9010;* Orlando, Florida: *(407) 644-2167;* and Boulder, Colorado: *(303) 449-9558.*

In Seattle, Cynthia Lair and Nancy Rankin run the **Two Moms Cooking School**, which focuses on family cooking and offers courses in nutritional, alternative (no meat, dairy, or sugar) cooking for infants, toddlers, women, and families. *Call (206) 525-8231 or (206) 365-4116.*

Joanne Saltzman, author of **Amazing Grains: Creating Vegetarian Main Dishes with Whole Grains** (H. J. Kramer, 1990; $12.95) runs the **School of Natural Cooking** in Boulder, Colorado. Saltzman offers a two-month, three-times-a-week course in natural cooking fundamentals, plus weekend workshops and a summer residential intensive.

A natural chef's chef: Annemarie Colbin.

She focuses on the creative process of cooking, involving technique, theory, and "beyond recipes" improvisation. *1520 Euclid, Boulder CO 80302; (303) 444-8068.*

Two macrobiotic centers offer residential programs that provide the opportunity for intensive learning in an immersion situation. The **Vega Study Center** offers one- and two-week programs. *1511 Robinson St., Oroville CA 95965; (916) 533-7703.* The **Kushi Institute** offers one-week programs throughout the year. *Box 7, Becket MA 01223; (413) 623-5742.* Both centers include instruction in macrobiotic philosophy, physical exercise, shiatsu, and spiritual development.

Exercise: How Much Is Enough?

If you run 6 miles a day, swim 2 miles, or cycle 50, you will keep "fit"—that is, you will have a certain muscle strength and tone and an efficient cardiovascular system that has endurance. You are also more likely to remain "healthy"—that is, free from acute or chronic sicknesses, including heart disease, cancer, and diabetes.

Studies indicate, though, that the same benefits of fitness and health can be achieved through less and milder exercise. A study on exercise and health that appeared in a 1989 issue of *The Journal of the American Medical Association* showed (surprise, surprise!) that, while people who exercise a great deal are healthier and longer-living than total couch potatoes, people who exercise "moderately" have virtually the same health benefits as do those who exercise a great deal. Moderate exercisers have a lower level of fitness—strength and stamina—than the extreme exercisers, but they are just as likely to stay well and live long. They are also less likely to suffer the muscular-skeletal problems that can afflict those who work out a great deal.

Hence, heart experts such as Dean Ornish, M.D., now recommend regular but moderate exercise programs—just half an hour a day (or an hour every other day) of brisk walking, moderate-speed cycling, swimming, garden or yard work, or low-impact, easy aerobics.

For an excellent discussion of exercise, see Chapter 12 ("How to Exercise") of Ornish's book* Dr. Dean Ornish's Program for Reversing Heart Disease *(Random House, 1990; $24.95).

COURTESY THE NATURAL GOURMET COOKERY SCHOOL

THE BASICS

Food Processing at Home

YUMMY NATURAL STAPLES SUCH as bread, noodles, tofu, tempeh, pickles, preserves, jellies, sauerkraut, cheese, beer, wine, yogurt, and butter can all be made at home, and the homemade products are fresher, cheaper, and usually more tasty than their commercial counterparts. All you need are directions (usually fairly straightforward and easy to follow) and the necessary equipment (in most cases, not too expensive or complicated). Fortunately, even in this "let someone else do it" era both information and equipment for do-it-yourselfers are still readily available.

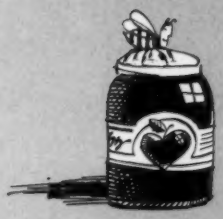
Thom Leonard's **The Bread Book: A Natural, Whole Grain Seed-to-Loaf Approach to Real Bread** (East West Health Books, 1990; $8.95) is an excellent compendium about and a clear, step-by-step guide to making naturally leavened bread and other baked products. It also includes a list and evaluation of the home flour mills presently available.

If you're interested in grinding your own flour, **Miracle Exclusives** sells home grain mills (and other home food-processing equipment), including the Samap Mill, which is highly recommended by Leonard. *PO Box 349, Locust Valley NY 11560; (800) 645-6360.*

Two remarkable mail-order "general stores" in the Midwest serve primarily the Amish and Mennonite communities. One is **Lehman's Non-Electric Good Neighbor Heritage Catalog**, which offers "merchandise reflecting an undying culture, a reverence for tradition, and sensible ways to meet today's needs." *PO Box 41, 4779 Kidron Rd., Kidron OH 44636; (216) 857-5441. $2.* The other is **The Cumberland General Store**, which offers "goods in endless variety for man and beast." *Route 3, Box 81, Crossville TN 38555; (800) 334-4640. $3.* The catalogues include everything from spinning wheels to horseshoeing tools, cast-iron cookware to windmills. They also carry how-to books on virtually every aspect of home food-processing, and all the equipment you'll need along the way.

Recommended for the home canner is **Canning and Preserving Without Sugar** by Norma M. MacRae (Globe Pequot,

Cooking family-style: Nancy Rankin (left) and Cynthia Lair of Two Moms Cooking School.



Honey-Sweetened Jams and Jellies

Ever wonder why jam on your toast tastes so good? Try the fact that it probably contains 40 to 60 percent sugar—unless, of course, it's a natural, nonsugar alternative. If you prefer honey to white sugar, here are a few recipes from Carol Hupping's book Stocking Up III that can help you turn your backyard fruit into a delicious treat.

HONEY-STRAWBERRY JAM

4 cups stemmed and thoroughly crushed strawberries (about 2 quarts whole berries)
2 tablespoons lemon juice
1 package powdered fruit pectin
1 ¾ cups honey

Combine the berries and lemon juice in a 6- to 8-quart stainless steel or enamel saucepan. Mix pectin into fruit.

Place over high heat and stir until mixture comes to a boil. Immediately add honey and stir until mixture comes to a full rolling boil that cannot be stirred down. Start timing at this point for approximately 10 to 12 minutes. Continue to stir slowly. Jam will foam at first, then subside and, when ready, will feel thick and sticky when stirred. The color becomes a deep garnet red.

Ladle into hot, scalded half-pint jars, leaving ¼-inch headspace, and seal. Process in a boiling-water bath for 10 minutes. *Yield: 4 half-pints.*

APPLE JELLY

The simplest of jellies, because apples make their own pectin. You'll need 5 pounds of apples and some honey.

Wash apples. Remove stems and dark spots and quarter apples, but do not pare or core. Add just enough water to half cover apples and cook in a stainless steel or enamel saucepan until the fruit is soft. Drain, using a jelly bag. You'll get more juice if you squeeze the bag, but it will make a cloudy jelly. Measure 6 cups juice. Add ½ cup honey for every cup juice.

Boil until a good jelly test is obtained. To do a jelly test put a cold metal spoon in the boiling jelly mixture. Raise it a foot above the pot (out of the steam) and turn the spoon so that the syrup runs off the side. If the syrup forms two drops that roll off the spoon as one sheet, the jelly is done. Pour into hot, sterilized half-pint jars, leaving ¼-inch headspace, and seal. Process for 5 minutes in a boiling-water bath. *Yield: 5 half-pints.*

Reprinted from *Stocking Up III*. © by Rodale Press, Inc. Permission granted by Rodale Press, Inc., Emmaus PA 18098.

ILLUSTRATION: JEM SULLIVAN; PHOTO: COURTESY TWO MOMS COOKING SCHOOL

The Martial Arts: A User's Guide

The martial arts offer an approach to fitness that has mental and spiritual as well as physical aspects. They can help you develop coordination, flexibility, speed, and strength, as well as concentration and self-confidence. Although martial arts are not as aerobically demanding as running or swimming, they do contribute to aerobic fitness.

The most popular martial arts today are Tae Kwon Do, Karate, Aikido, Judo, Tai Chi Chuan, and Chi Kung. There are various schools within each martial art, and individual teachers within each school are liable to have their own emphases. Still, the following characterizations generally pertain.

Tae Kwon Do. Sometimes called Korean Karate; features high, fast kicks and staccato blows aimed at directly repelling an opponent. In some schools there is actual contact; in others there is an attempt to come close but to avoid physical contact. The practice develops strength, particularly in the lower body, as well as speed and fluidity in movement. There are many accomplished female Tae Kwon Do practitioners, since a woman's lower-body and leg strength is relatively greater than a man's.

Karate. Comes from Japan; is similar to Tae Kwon Do in spirit and approach. For someone wanting a practical method of self-defense, Tae Kwon Do and Karate are good choices. They can be especially helpful for women, since they keep an attacker at a distance.

Judo. The "path of gentleness"; is a form of Japanese wrestling. Opponents, wearing loose-fitting *gis* of thick cotton, use various holds, leveraging techniques, trips, and throws in trying to down the other. Judo focuses on using the opponent's strength and weight against him or her, and hence develops balance, quickness, and flexibility.

Aikido. "The path of harmony with the *ki* [cosmic energy]." A graceful, almost dancelike art. The participants wear flowing skirtlike uniforms and use evasive and deflective movements based on spirals and circles. The emphasis is on using an opponent's attack against him or her and on neutralizing without injury. Grace, speed, and elegance in movement are at the heart of Aikido.

Chi Kung. With its roots in China, this art has come so far from its martial origins that it often does not involve an opponent at all. The practice consists of bodily and breathing exercises, often fairly strenuous, which are meant to stimulate and to balance the flow of *chi*, or "subtle energy." Chi Kung is often practiced with therapeutic intent. There are exercises, for example, that focus on strengthening particular organs.

Tai Chi Chuan. Sometimes called "Chinese shadow boxing"; teaches the student a series of specific movements that develop balance, coordination, and poise. While all the martial arts have a meditative aspect and seek to harmonize body and mind, Tai Chi is clearly a meditation in motion.

If you want to study martial arts, a teacher is a must. To locate schools in your area, look under "Karate," "Self Defense," and "Martial Arts" in the local *Yellow Pages*. Shop around and look at several before choosing one.

1988; $11.95). Another classic in the field is **Stocking Up III** (Rodale, 1986; $24.95) by Carol Hupping with the Rodale Food Center. **GEM Cultures** sells starters for tempeh, miso, sourdough, and kefir, as well as tofu coagulant. Directions and recipes are included. *30301 Sherwood Rd., Ft. Bragg CA 95437; (707) 964-2922.*

SHOPPING

Natural Foods by Mail

Do you live far from a natural foods store or have a child in college who needs a stash of good food? Do you want to send a worthwhile gift to someone, or do you need a hard-to-find specialty item such as dried lotus root or organic chickpea miso? If so, the following list of mail-order companies may come in handy:

Mountain Ark Trading Company offers pretty much whatever you would find in a good natural foods supermarket: grains, beans, noodles, nuts, seeds, macrobiotic specialties, body care items, cookware, and more. Many items are sold in bulk at lower prices. *120 S. East Ave., Fayetteville AK 72701; (800) 643-8909.*

Gold Mine Natural Food Company offers the same wide range of natural, organic, and macrobiotic products. Gold Mine is the importer for the Ohsawa America line of macrobiotic foods, and carries hard-to-get items such as dried daikon leaves and Celtic sea salt and traditional grains such as kamut, spelt, and quinoa. Many items are available in bulk. *1947 30th St., San Diego CA 92102; (800) 475-3663.*

Walnut Acres, in business for 46 years, is the granddad of the field. Its now-glossy catalogue contains a lot of pricey "gift packages," but it still offers a lot of good organic foods, many grown on the Walnut Acres farm. Included in the catalogue are whole-grain flours and mixes, granola, peanut butter, canned beans, soups, vegetables, juices, fresh bread, cookies, and meats. *Walnut Acres Rd., Penns Creek PA 17862; (800) 433-3998.*

If you would like great bread delivered to your door, **French Meadow Bakery** ships naturally leavened breads (18 varieties; certified organic; all dairy-, yeast-, and cholesterol-free) plus other bakery products. *2610 Lyndale Ave. S, Minneapolis MN 55408; (612) 870-4740.*

Thom Leonard's **Great Plain Bread Company** also sells its naturally leavened products by mail. All are baked in a wood-fired brick oven. Send an SASE for information. *113 S. Fifth St., Salina KS 67401; (913) 823-8633.*

For (relatively) fresh organic produce delivered to your home, contact **Diamond Organics** of Freedom, California. Prices for the vegetables themselves are reasonable enough—loose carrots 85¢/lb., yams $1.25/lb.—but second-day air freight adds about a dollar per pound and ground shipping costs range between 9 and 56 cents per pound. *Call (800) 922-2396.*

Hot from the oven: Thom Leonard's naturally leavened bread is available by mail.

COURTESY GREAT PLAIN BREAD COMPANY

YOGA

A Lifelong Program

MANY PEOPLE WHO A DECADE ago jumped into the fitness craze with a heavy program of running or aerobics are now finding their bodies protesting. The search is on for milder, yet still enjoyable and effective, forms of physical exercise—activities that one can continue with impunity into a ripe and active old age.

Yoga and bicycling are two good choices. Whereas yoga helps develop suppleness and flexibility, as well as emotional and mental equanimity, bicycling maintains muscle strength and keeps the cardiovascular system fit. Either or both can form the basis of a lifetime fitness program.

If you're going to practice yoga, it's very important to have direct instruction from a teacher. A good video, however, can safely introduce the basic positions and get the beginner started.

The creators of *Yoga for Round Bodies.*

In **Yoga for Beginners**, instructor Patricia Walden takes you through yoga basics step by step. The video includes three short practice sessions plus breathing awareness and deep relaxation exercises. *Healing Arts Home Video, 321 Hampton Dr., Suite 203, Venice CA 90291; (800) 722-7347. $24.95.*

Popular TV yoga teacher Lilias Folan has three introductory videos: **Lilias! Alive with Yoga, Volume 1; Lilias! Alive with Yoga, Volume 2: Stretch and Strengthen;** and the more advanced **Energize with Yoga**. The advanced video contains two 30-minute workouts concentrating on yoga poses that enhance breathing capacity and encourage flexibility. *Rudra Press, PO Box 1973, Cambridge MA 022378; (617) 576-3394. $29.95 each.*

The **Kripalu Center for Yoga and Health** in Lenox, Massachusetts, one of the major centers for the study of yoga, offers an excellent audio tape for beginners—*Yoga for Beginners* ($9.95)—as well as audio tapes and videos for advanced students and other yoga aids. Kripalu also offers a variety of residential programs, ranging in length from a weekend to many months, featuring instruction in yoga and related fields. *Kripalu by Mail, Box 793, Lenox MA 01240; (800) 967-7279.*

If you'd like to try yoga but feel daunted by those lithe-and-willowy yoga instructors, you might enjoy **Yoga for Round Bodies**, a two-volume video produced by two Kripalu-certified teachers. The tape features the two pleasantly plump instructors demonstrating a variety of yoga postures and breathing and relaxation techniques. *Haelix, PO Box 304A, Scotland CT 06264. $29.95 per volume plus $2 shipping.*

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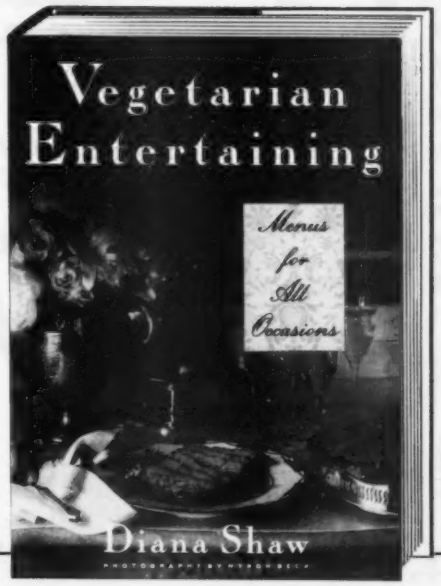

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If you use a bike as your principle means of getting around town, you need never worry about squeezing a run or a trip to the health club into your day. You'll likely get all the aerobic exercise you need. You'll also be spared the injuries that running, aerobics, and other high-impact activities often lead to.

Intense competition, plus developments in bicycle production technology, have made bicycles cheaper and better than ever. For $250 to $350 you can get a fine machine that will give you years of pleasurable use. So if you are riding (or not riding) your beloved clunker from college days, go to a bike shop and test-ride a new model. You will be amazed and delighted.

If you buy a new bike, be sure it fits properly. The bike should be the right height as well as the right length—that is, the distance from the seat to the handlebars should not be too long. For comfortable riding, ask for a bike with a shortish top tube, which will allow you to sit up relatively straight. The extreme frontward lean, great for the Tour de France, is not necessary for most people and can lead to neck and back discomfort.

For a good introduction, get Greg Le Mond's **Complete Book of Bicycling** (G. P. Putnam, 1988; $9.95), which includes a wealth of information on the various types of bikes and cycling as well as an excellent chapter on getting a properly sized bike.

If you are 35 or older, a helpful book might be **Keep on Pedaling: The Complete Guide to Adult Bicycling** by Norman Ford (The Countryman Press, 1990; $12.95). The author, an active cyclist in his late sixties, writes for the "adult" cyclist, offering many useful hints for the person who is interested in a lifetime of physical activity and fitness.

Ever consider buying a bike by mail order? The advantages include wide selection and low prices—usually 15 to 20 percent off retail prices. The disadvantages include shipping costs and lack of personal follow-up service. Here's a sampling of mail-order companies that sell bicycles, bicycle clothing, and parts:

Performance Bicycle Shop, *Chapel Hill, NC; (800) 727-2453.*

Bike Nashbar, *Youngstown OH; (800) 627-4227.*

Cycle Goods, *Minneapolis MN; (800) 328-5213.*

For additional mail-order sources, consult the ads in **Bicycling**, a magazine found in many bike shops, on newsstands, or from Rodale Press.

A **bicycle tour** is an excellent way to spend your vacation. It's healthful, relaxing, relatively inexpensive, and affords a uniquely intimate experience of the area you're visiting. The back pages of *Bicycling* advertise bike tours in locales from New England to Ireland, from the Rockies to the Andes.

If you're planning to take a bike tour on your own, contact **Bikecentennial** of Missoula, Montana, the largest organization for recreational cyclists. The nonprofit group has developed the **National Bicycle Route Network**—16,000 miles of backroads across the nation. You can use these on your own or join one of Bikecentennial's many tours. *Call (406) 721-1776.*

If you would like to become active in a local bicycle club, taking weekend rides, tours, or racing, ask for information at your local bike shop or contact the Baltimore-based **League of American Wheelmen**, a large national group with local branches. *6707 Whitestone Rd., Suite 209 SM, Baltimore MD 21207; (301) 539-3399 or (800) USA-1994.*

Ronald Kotzsch is an Outward Bound instructor and a freelance writer living in Amherst, Massachusetts.

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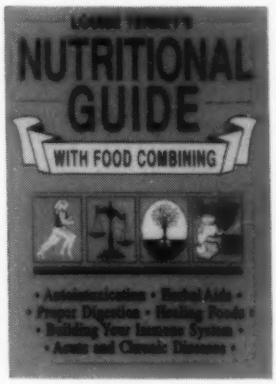

Louise Tenney's **Nutritional Guide with Food Combining** is a comprehensive guide to natural health through proper eating. Following the principle that every person must take responsibility for their own health, this book discusses the effect of foods and natural health food supplements on the body and its ability to resist disease and a natural approach to healing. As we change our view of healthy living from just reacting to disease to one of prevention, Louise Tenney's **Nutritional Guide with Food Combining** will prove to be a vital reference to everyone concerned about their health.
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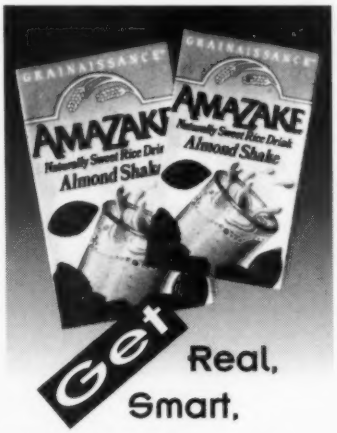

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ENLIGHTENMENT BEGINS WHERE TWO WORLDS MEET.

The bestselling author who illuminated the parallels between Eastern religion and modern science in *The Tao of Physics* now explores the links between science and Christian spirituality. In a dialog with David Steindl-Rast, a Benedictine monk whose work has been compared to Thomas Merton's, Fritjof Capra shows how the discoveries of science and the experience of God yield parallel insights into the ultimate nature of reality.

"A refreshing glimpse of serious people opening up to each other, suggesting that perhaps the most important message of 'new paradigm' thinking is that truth is rooted in our capacity to listen—both to our neighbor and to that which calls to us from within." —Jacob Needleman, author of *The Heart of Philosophy*

BELONGING TO THE UNIVERSE

EXPLORATIONS ON THE FRONTIERS OF SCIENCE AND SPIRITUALITY

FRITJOF CAPRA AND DAVID STEINDL-RAST

WITH THOMAS MATUS

HarperSanFrancisco

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Spirituality

Inspiration for finding the sacred in everyday life.

BY RON MILLER

EVERYDAY PRACTICES

Living with Awareness

"BEFORE ENLIGHTENMENT, chopping wood, carrying water. After enlightenment, chopping wood, carrying water." This ancient Zen maxim reminds us that the spiritual life is not only about sitting in a meditation hall or going to church on Sundays. At its essence the spiritual life is about confronting our problems with honesty and courage; it's about living everyday life with heightened awareness and compassion.

One way to learn how to convert everyday experience into a vehicle for expressing the spirit is by reading spiritual classics such as **The Way of Transformation: Daily Life as Spiritual Exercise** by psychotherapist Karlfried Graf Dürckheim (Unwin Hyman, 1988; $10.95). According to Dürckheim, spiritual practice should not be limited to conventional "spiritual" disciplines; rather it can simply involve mastering some activity—walking, gardening, cooking dinner—and then repeating it over and over with awareness. Repeating simple activities, Dürckheim believes, frees us from goal orientation, enabling an inner power to flow through us as skillful action.

In a similar vein, Charlotte Joko Beck, teacher at the Zen Center of San Diego, believes that the practice of Zen should manifest the ancient principle of *wu shih* ("nothing special") in daily life. In **Everyday Zen** (HarperCollins, 1989; $9.95), Joko contends that spiritual practice is not about achieving some blissful state, cultivating special powers, or having "happy feelings"; rather, it is about developing insight into the whole of life and living an active, involved life free from the limitations of our conditioning. "For those of us who are patient and determined in our practice," Joko writes, "joy increases, peace increases, the ability to live a beneficial and compassionate life increases."

Those seeking to transform their everyday spiritual practice into social activism may look to Thich Nhat Hanh's down-to-earth guide, **Being Peace** (Parallax Press, 1987; $9). Using simple language and everyday examples, the Vietnamese Buddhist monk shows how mindfulness, the essential discipline in Buddhism, can play an important role in easing world suffering.

Zen teacher Charlotte Joko Beck.

Hooked on God?

Just as you can become addicted to food, sex, or booze, you can also become addicted to God, says Father Leo Booth, an Episcopal priest who calls himself a "recovering Catholic." And no one is immune. According to Booth, religious addicts come from all walks of life: from fundamentalist Christians, to 12-step zealots, to Buddhists, to weekend workshop junkies, even agnostics and atheists. If you exhibit a number of the following symptoms that Booth outlines in When God Becomes a Drug: Breaking the Chains of Religious Addiction & Abuse, it might be time to take a look at the hold that negative early religious experiences may still have on you.

- **Inability to think, doubt, or question information or authority.**
- **Black-and-white, simplistic thinking.**
- **Shame-based belief that you aren't good enough, or aren't "doing it right."**
- **Magical thinking that God will fix you.**
- **Scrupulosity: rigid, obsessive adherence to rules, codes of ethics, or guidelines.**
- **Compulsive praying, going to church or crusades, quoting scripture.**
- **Unrealistic financial contributions.**
- **Uncompromising, judgmental attitudes.**
- **Believing that sex is dirty—that our bodies and physical pleasures are evil.**
- **Compulsive overeating or excessive fasting.**
- **Conflict with science, medicine, and education.**
- **Progressive detachment from the real world, isolation, breakdown of relationships.**
- **Psychosomatic illness: sleeplessness, back pains, headaches, hypertension.**
- **Manipulating scripture or texts, feeling chosen, claiming to receive special messages from God.**
- **Trancelike state or religious high, wearing a glazed happy face.**

From When God Becomes a Drug: Breaking the Chains of Religious Addiction & Abuse. Copyright 1991 by Leo Booth. Used by arrangement with Jeremy P. Tarcher.

ECOLOGY

Green Spirituality

If you walk into New York's **Cathedral of St. John the Divine** on the Feast of St. Francis (the day of the cathedral's annual Earth Mass), you are as likely to encounter an elephant as you are a fellow celebrant. Accompanied by the Paul Winter Consort's live performance of "Missa Gaia," the celebration affirms the sacred nature of the Earth and its creatures by including a procession in which animals from the wild—including an elephant, llama, camel, eagle, pony, and countless other smaller creatures—make their way to the high altar to be blessed.

The cathedral is a leader among the growing number of churches and synagogues that are becoming more "green" in their outlook and practices. Besides holding its annual feast of St. Francis, the cathedral sponsors ecological conferences that bring together heads of major religious denominations with environmental scientists and political leaders. A newsletter, **Cathedral**, reports on the church's spiritually based ecology programs, such as the Gaia Institute urban restoration project (which is developing lightweight soil for urban rooftop gardens). *1047 Amsterdam Ave., New York NY 10025; (212) 316-7564.*

Drawing out the ecological dimension inherent in Christian churches is the work of the **North American Conference on Christianity and Ecology**. Besides sponsoring workshops and conferences, this ecumenical organization is facilitating the formation of the Green Cross, a coalition of secular and religious groups in the Soviet Union and North America that would do for endangered ecosystems what the International Red Cross does for people in crisis. Membership in NACCE entitles you to its magazine, **Firmament: The Quarterly of Christian Ecology**, and its bimonthly newsletter, **Earthkeeping**. *PO Box 14305, San Francisco CA 94114; (415) 626-6064. Membership: $25/year.*

Inspiring environmental awareness among Jews is the educational organization **Keepers of the Earth**. Aside from developing an ecologically focused high school curriculum that currently is being pilot-tested across North America, the organization publishes books and pamphlets as well as a thrice-annual newsletter, **Voice of the Trees**, which is included with membership. *Church Rd. and Greenwood Ave., Wyncote PA 19095; (215) 887-3106. Membership: $36/year, $9/year students, $125/year organizations.*

At **Genesis Farm**, a rural learning center in northwestern New Jersey run by Dominican Sister Miriam Therese MacGillis, courses in

Are you Earth literate? Sister Miriam Therese MacGillis of Genesis Farm.

George Leonard's Tips for Mastery

"When you practice a spiritual discipline on a regular basis, you're like an investor making deposits in a personal well-being fund," says George Leonard, author of *Mastery* and a long-time aikido practitioner. "You receive dividends in the form of increased energy and vitality, greater mental clarity, stronger will power, and the ability to carry out projects with greater effectiveness."

To be effective, Leonard believes, one's daily practice should be *integral*—including the following elements:

Aerobic exercise. Brisk walking, jogging, swimming, and bicycling along with strength training reduce stress hormones, strengthen cardiovascular fitness, and enhance one's enjoyment of life.

Stress management. Deep relaxation exercises, such as hatha yoga, Feldenkrais exercises, and autogenic training, release the body's accumulated tension and tone the internal organs.

Meditation. Besides lowering heart rate, metabolism, and stress levels, this practice quiets the mind of its daily concerns, allowing the "transpersonal" self, which exists beneath the static of one's thoughts, to enter into awareness. Practicing visualization, or imagining desired states of behavior while in a meditative state, helps train the will.

Cognitive training. Because spiritual training often stresses the transcendence of thought, it's easy to become anti-intellectual. To avoid this pitfall, journal writing and reading works of fiction and the world's great thinkers can help keep you in touch with the realm of ideas.

Interpersonal process. Forming or joining a support group that meets formally at least once a week helps sustain a sense of community through the open and authentic expression of feeling. Such groups move us away from the verbal tricks of the intellectual realm to discover the essential "glue" that holds the social world together.

Once you settle into a long-term practice, Leonard advises practicing for its own sake without being obsessed with your progress. To develop momentum, practice should be consistent—performed at the same time each day. But to avoid the demon of perfectionism, you need to adapt the length of practice and frequency to your schedule.

For information on Leonard's workshops on developing an integral transformative practice, contact Aikido of Tamalpais Studio, 76 E. Blythedale Ave., Mill Valley CA 94941; or phone Erik Riswold, (415) 924-6790.

ILLUSTRATION: JEM SULLIVAN; PHOTO: COURTESY GENESIS FARM

"Earth literacy" focus on the spiritual as well as the physical dimensions of the scientific story of evolution. Visitors can come for a day, a week, a month, or longer to study natural foods cooking, gardening, permaculture, and ritual art that celebrates the great seasonal mysteries. Through an arrangement with such institutions as Miami Dade College, St. Thomas University in Miami, and Southwestern College in Whitfield, Kansas, Genesis Farm's Earth literacy program can be taken for undergraduate and graduate credit. Its semiannual newsletter lists a calendar of events. *RR 3, Box 290C, Blairstown NJ 07825; (908) 362-6735. Newsletter: $5/year.*

One adult learning center that integrates ecological interests with spirituality is **Chinook Learning Center**. Among the Seattle-area center's workshops are three core programs that use spiritual traditions from Christian to Buddhist to Native American to promote personal and ecological health. *PO Box 57, Clinton WA 98236; (206) 321-1884. In Seattle: 467-0384.*

An annual event worth noting is the **Environmental Sabbath**, sponsored by the United Nations Environment Program. Held on the weekend nearest World Environment Day (June 5), the event uses sermons, ritual, and prayer to encourage religious communities worldwide to celebrate Earth awareness. Details are included in a free newsletter, **Environmental Sabbath**, published three times a year. *UNEP, DC2-803, United Nations, New York NY 10017; (212) 963-8094.*

A good resource for anyone who wants to bring an ecological awareness into his or her prayer life is **Earth Prayers**, edited by Elizabeth Roberts and Elias Amidon (HarperSanFrancisco, 1991; $12.95). This collection of 365 prayers, poems, and invocations honoring the Earth includes contributions from writers as varied as Walt Whitman, Hildegard of Bingen, Gary Snyder, Sitting Bull, Thich Nhat Hanh, and Rumi.

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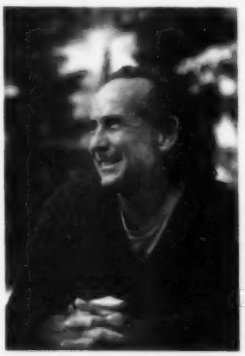
Stuart Wilde

DEEP ECOLOGY

The World as a Sacred Community

TRADITIONALLY, ECOLOGY HAS BEEN thought of as a discipline concerned with conserving the Earth's dwindling resources to benefit human need. But a new school of thought holds that ecosystems and nonhuman living beings have an inherent right to exist in their own right, free from excessive human interference.



Thinking like a mountain: Deep ecologist John Seed.

Called deep ecology, this view sees humanity as one life form among many, just one part of an unbroken community of species.

A key text for this new cultural context is **The Dream of the Earth** by Thomas Berry (Nature & Natural Philosophy Library, 1990; $9.95). In this collection of visionary essays, Berry suggests that alienation from nature is destroying humanity. To counteract this, he urges readers to live in harmony with the natural world, to view the world as part of a sacred community rather than as resources for exploitation, and to make the Earth the primary concern of economic, political, and spiritual activities. "Reenchantment with the Earth as a living reality," writes Berry, "is the condition for our rescue of the Earth

COURTESY PAT STONE

from the impending destruction we are imposing on it."

Many of the leading exponents of deep ecology are contributors to **Dharma Gaia**, edited by Allan Hunt Badiner (Parallax Press, 1990; $15). This collection of essays by Buddhist scholars and practitioners—such as Thich Nhat Hanh, Joan Halifax, John Seed, and Joanna Macy—is aimed at showing how mindful living leads to a fundamentally ecological lifestyle. As Macy writes, those who practice Green Buddhism strive to live in harmony with the "ecological self," which can serve as a basis for effective environmental action.

To make empathy with the Earth and its creatures a lived, felt reality, Macy and Seed have developed a workshop, the **Council of All Beings**, which climaxes with a ritual in which participants shed their human identities and speak as other life forms in defense of the Earth. For details about this experience and to gain fluency in some of the key ideas of deep ecology, read **Thinking Like a Mountain: Toward a Council of All Beings** by Macy, Seed, Pat Fleming, and Arne Naess (New Society Publishers, 1988; $9.95). *For a schedule of Council of All Beings workshops, contact Gateway, 6134 Chinquapin Pkwy., Baltimore MD 21239; (301) 433-7873.*

SHAMANISM

Discovering the Wisdom of the Earth

THE PAST SEVERAL DECADES HAVE WITNESSED a resurgence of interest in the ancient tribal practice of shamanism, a spiritual path that involves entering altered states of consciousness to acquire knowledge and to heal others. Anthropologist Michael Harner attributes this renaissance to a modern hunger for firsthand spiritual experience, a growing interest in holistic health, and a widening appeal of spiritual ecology.

Shamanic ritual, as performed by the Dance of the Deer Foundation.

For a clearly written introduction to shamanism that demystifies the practice without diluting its essential mystery, Harner's **The Way of the Shaman** (HarperSanFrancisco, 1990; $8.95) is a modern classic. Along with exploring the origins of shamanism, the book offers practical techniques for manipulating spiritual power for the benefit of people whose lives are out of balance. Harner's nonprofit educational organization, **The Foundation for Shamanic Studies**, conducts workshops on the ancient wisdom around the world. The organization also sponsors various projects, including Shamanism for Healing the Earth (which teaches how to use shamanic techniques to reverse ecological destruction). Membership entitles you to the organization's quarterly newsletter. *PO Box 670, Norwalk CT 06852; (203) 454-2825. Membership: $30/year.*

Integral to the shamanic tradition is the rite of passage known as the vision quest, a wilderness retreat in which one fasts, lives close to the Earth, and looks inward for guidance on one's path through life. One good resource on the subject is **The Book of the Vision Quest: Personal Transformation in the Wilderness** by Steven Foster with Meredith Little (Prentice Hall Press, 1988; $9.95). This moving, articulate book gives theory and practical instruction along with firsthand accounts by participants who have undergone this sacred ceremony. Foster and Little also direct **The School of Lost Bor-**

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ders, a ceremonial- and training facility of wilderness initiation located in the Eastern Sierras. *Box 55, Big Pine CA 93513.*

Another resource for vision quests is the **Dance of the Deer Foundation/Center for Shamanic Studies**, whose director, Brent Secunda, trained with the Huichol Indians of Mexico for more than 12 years and is the adopted son of Don José Matsuwa, a renowned shaman, healer, and ceremonial leader. Besides vision quests, Dance of the Deer Foundation offers ongoing study groups and pilgrimages to places of power. *PO Box 699, Soquel CA 95073; (408) 475-9560.*

SPIRITUAL DIRECTION

Finding a Guide

IMAGINE HAVING A SPIRITUAL guide who acts not as an enlightened master, guru, or psychotherapist, but as a companion who meets with you on a regular basis to discuss how Spirit is at work in your life. The companion, called a spiritual director, does not stand above you, as might a guru. Nor does the guide focus on your psychological adaptation to the world or on behavior modification, as might a therapist. "Acting as an experienced companion, the spiritual director reframes so-called ordinary events from a spiritual perspective, always encouraging the directee to stand on his or her own two feet in spiritual autonomy," says Jane Comerford, director of **Still Point**, a Christian center that has spiritual directors available and also offers workshops on dreamwork, journal writing, art as meditation, centering prayer, healing, and recovery work. *2333 13th Ave. E, Seattle WA 98102; (206) 322-8006.*

Spiritual direction has a venerable history in the Catholic Church, having been practiced in monasteries and seminaries through the centuries. Since Vatican II the practice has enjoyed a resurgence among Catholics; you can likely find a spiritual director in your area by contacting a local Catholic retreat center or counseling service. With the flowering of the consciousness movement and 12-step recovery programs, you also can find spiritual directors in other denominations and personal growth programs.

If you would like to become a spiritual director, **Mercy Center** offers a nine-month program that emphasizes practical experience under staff supervision. The center, which also conducts a 30-day residential program each summer, is located in the same facility as **Spiritual Directors International**. This organization promotes dialogue among spiritual directors across all traditions, sponsors an annual conference, publishes a newsletter that is included in membership ($25/year), and also offers a listing of other training centers. *2300 Adeline Dr., Burlingame CA 94010; (415) 340-7474.*

Another nine-month residential training program worth noting is offered by the **Institute for Spiritual Leadership**, in cooperation with Chicago's Loyola University. The program, open to laypeople as well as clergy, leads to a Loyola certificate in spirituality and 18 hours of advanced standing toward a 30-hour master's degree in pastoral studies. *4906 S. Greenwood Ave., Chicago IL 60615; (312) 373-7953.*

Other universities with training programs in spiritual direction include **Seattle University**, *(206) 296-5330;* **Weston School of Theology**, in Cambridge, Massachusetts, *(617) 492-1960;* and **Creighton University**, in Omaha, Nebraska, *(402) 280-2501.*

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Sri Daya Mata, President

Self-Realization Fellowship was founded in 1920 by Paramahansa Yogananda to teach universal, life-transforming principles which lead to peace, harmony, and lasting happiness. The Self-Realization Fellowship headquarters in Los Angeles serves as the channel for the worldwide dissemination of his work.

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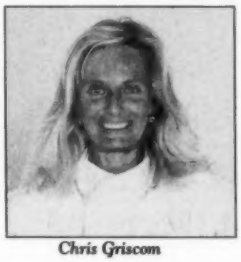

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MYTHOLOGY

Sacred Stories of the Spirit

WHY READ ABOUT THE HEROIC exploits of Odysseus or the mysteries of Greek goddesses? What can these ancient stories of the spirit offer you today? The increasing popularity of mythological tales suggests that they still have much to offer those traveling along the path to wholeness. By familiarizing yourself with the story of Odysseus, for example, you are delving into the wisdom of ancient sources of masculinity.

For a wise and witty introduction to mythology, read **The Power of Myth** by Joseph Campbell with Bill Moyers (Doubleday, 1988; $19.95). With its discussion of myth and the modern world, the hero's adventure, the goddess, and love and marriage, the book serves as a summing up of Campbell's work. If you prefer the spoken word to the printed text, get **Joseph Campbell and the Power of Myth**, an audio-cassette version of the six-hour video series that served as the basis for the *Power of Myth* book. *Mystic Fire Video, PO Box 9323, S. Burlington VT 05407; (800) 292-9001. $43.95 including shipping.*

Blending myth, science, and psychology: Jean Houston.

Practical insight into how mythology affects your life is the subject of **Your Mythic Journey: Finding Meaning in Your Life Through Writing and Storytelling** by Sam Keen and Anne Valley-Fox (Jeremy P. Tarcher, 1989; $9.95). Using written exercises that encourage the reader to become aware of his or her personal mythology, the book suggests that myths are what give people a sense of meaning.

For an in-depth experiential approach to mythology, check into the seminars of **Jean Houston**, the internationally known teacher and pioneer in human development. These workshops, conducted across the country, involve myth, mystery, science, and psychology. *Mind Research Foundation, PO Box 3300, Pomona NY 10970; (914) 354-4965.*

The journal **Parabola** conducts contemporary research in mythology, devoting each issue to a specific theme. Recent themes have included forgiveness, pilgrimage, addiction, money, demons, Earth, and spirit. Contributors have included Joseph Campbell, Robert Bly, and Ursula LeGuin. *656 Broadway, New York NY 10012-2317; (212) 505-6200. Quarterly; $20/year.*

Ron Miller is a freelance writer and author of As Above, So Below: A Guide to Spiritual Renewal in Everyday Life, *a* NEW AGE JOURNAL *book forthcoming from Jeremy P. Tarcher.*

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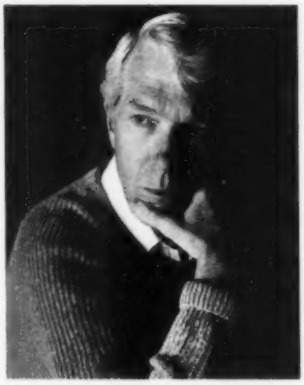
THE SHADOW

Meeting Your Dark Side

C. G. JUNG ONCE SAID, "I would rather be whole than good." Wholeness, in his view, means reconciling the acceptable parts of the personality with the *shadow*—the dark, feared, and unwanted side that many people would rather forget about. Generally, people identify with the "light" side of their personality, which contains positive traits such as kindness and forgiveness, and disown the "dark" side, which is associated with selfishness, anger, and instinctual energy. But the shadow is not always evil, says Jung. Its essence is "pure gold," containing repressed energy that, when consciously investigated, can help you unearth buried potentials, lead you to greater self-acceptance, and heal your relationships with others.

One resource for coming to terms with your dark side is **A Little Book on the Human Shadow** (HarperSanFrancisco, 1988; $8.95), in which poet Robert Bly explores how the shadow is created and how you can reclaim its energies for growth and development. Among the ways that you can reclaim your shadow, Bly suggests, is by creating frightening figures in clay, banging on a drum, spending a month alone, or visiting primitive tribes. To encounter the shadow in the safety of your home or while driving to and from work, you might try listening to **The Human Shadow**, a two-cassette audio program that Bly has recorded. *Sounds True Catalogue, 735 Walnut St., Boulder CO 80302; (800) 333-9185. $19.95 plus $4 shipping.*

For a firsthand account of a spiritual teacher's encounter with the dark side, read **Avalanche: Heretical Reflections on the Dark and the Light** by W. Brugh Joy (Ballantine, 1990; 19.95). This honest, revealing book shows how Joy gave up the traditional spiritual path—with its notion of God as only light, love, and compassion—to embrace a more-expanded vision that accepts both light and dark as divine elements operating within the psyche. To pursue this understanding in depth, Joy offers a 12-day workshop, **The Dark Side: Death, Demons and Difficult Dreams**, that uses films, dreamwork, psychological techniques, ancient psychic and spiritual teachings, poetry, movement, and heightened states of consciousness to help participants engage the darker mysteries of life in a balanced and ethical way. *Moonfire Lodge,*



Exploring Joy's dark side: Author Brugh Joy.

Are You Addicted to Addiction?

Whereas 12-step programs claim that recovery is a lifelong process, psychotherapist Tina Tessina believes that once you have done your inner work it's time to "graduate" to a thirteenth step: recovering from recovery itself. "Once you learn the basic 12-step teachings and successfully apply them in your life, you can graduate to become a fully functioning, autonomous adult," Tessina writes in *The Real Thirteenth Step*. "Without this necessary step into personal responsibility, participants are condemned to a life sentence without parole."

According to Tessina, here are some of the signs that you're ready to take the thirteenth step:

- **You can say no to people who encourage your addictions and compulsions.**
- **You have developed a spiritual program that includes meditation, prayer, or solitary contemplation.**
- **You've reached a plateau in your 12-step program, and you're restlessly searching for something more.**
- **You've had enough therapy to overcome the legacy of an abusive or heavily dysfunctional family.**
- **You are able to rely on others for support and can ask for help when needed.**
- **You know the difference between instant and deferred gratification and can choose intelligently between them.**
- **You can solve problems and calculate the probable effects of your actions.**
- **You have learned to handle disappointment and failure.**
- **You're beginning to feel powerful in your life.**
- **You feel enthusiastic and motivated about the present and the future.**

From* The Real Thirteenth Step: Discovering Confidence, Self-Reliance, and Autonomy Beyond the 12-Step Programs. *Copyright 1991 by Tina Tessina. Used by arrangement with Jeremy P. Tarcher.

PO Box 730, Paulden AZ 86334; (800) 525-7718.

If you'd prefer a wide-ranging collection of essays on the shadow, pick up a copy of **Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature** edited by Connie Zweig and Jeremiah Abrams (Jeremy P. Tarcher, 1990; $12.95). Among its 65 contributions by psychologists, social commentators, and spiritual teachers are practical exercises that use writing, drawing, and dreamwork to help you reclaim your disowned self.

DREAMING

Getting the Message

ONE FUNCTION OF DREAMS, those elusive messages you receive each night from the unconscious, is to keep you in touch with your hidden desires, fears, and wounds. But dreams can also connect you with your higher self and guide you on the path of spiritual development. With proper understanding, it is possible for you to decipher your dream symbolism and even incubate (consciously program) your dreams to improve your relationships, solve work-related problems, and increase your creativity.

One clear and readable guide for dreamwork is **Inner Work** (HarperCollins, 1989; $9.95), Jungian analyst Robert A. Johnson's step-by-step description of methods for using dreams for self-knowledge and improved personal effectiveness. Johnson believes that, even with a clear interpretation, dreamwork will remain incomplete unless you embody your new understanding in rituals. These physical acts, he contends, bring home the meaning in a powerful way. Thus, if a dream points out your tendency to overwork, you might make a ritual of taking long, relaxed walks in order to reconnect with nature.

For practical advice on remaining conscious during your dreams, read **Lucid Dreaming** by Stephen LaBerge (Jeremy P. Tarcher, 1985; $15.95). This basic text, written by one of the world's foremost dream researchers, shows how lucid dreaming can be used to improve health, increase creativity, and solve problems. According to LaBerge, being awake in your dreams can lead to unique and compelling adventures that can enrich, broaden, and even radically transform your waking hours.

Incubating dreams, or targeting them for specific problem-solving, is the subject of **Living Your Dreams** (HarperCollins, 1988; $10.95), in which Gayle Delaney gives a step-by-step method along with numerous examples of her students' success stories. Before going to bed, her student dreamers review the day's events, focus on their problem area, formulate an incubation phrase ("Why am I afraid of heights?"), and repeat it like a mantra while falling asleep. Delaney believes that dream incubation can improve your relationships, health, professional life, and self-image.

If you're serious enough about dream study to join a professional dream organization, contact the **Association for the Study of Dreams**, which hosts a yearly conference and publishes a quarterly newsletter and **Dreaming**, a quarterly journal for professionals. *PO Box 1600, Vienna VA 22183; (703) 242-8888. Membership: $70/year; includes publications.*

The interested layperson should take a look at the quarterly **Dream Network Journal**, which covers all aspects of dreamwork and also includes a networking section for those interested in joining dream study groups, attending retreats, or participating in dream projects. *1337 Powerhouse Lane, Suite 22, Moab UT 84532; (801) 259-5936. Quarterly; $22/year.* Another quarterly dream publication,

A Dictionary for Dreamers

Dream images are as varied as the universe, and no dictionary could list all their permutations. However, when you understand what a dream symbol means in general and then apply this knowledge to your unique life circumstances, you may suddenly penetrate the symbol's mysterious core and have an "aha!" experience that reveals the dream's meaning. In this spirit, here is a brief collection of common dream symbols, elucidated by dream scholar Tom Chetwynd:

Animals: the animal vitality in the dreamer—either the body, with its instinctive sexual craving, or the subhuman and "bestial" impulses of the unconscious.

Bridge: a crossing or a transition between two periods in the dreamer's life; a way across, using the conscious mind (in contrast with a transition via the unconscious, which would be signified by a tunnel).

Being Chased: being obsessed, dogged, haunted by something that the dreamer longs to escape or evade.

The Dark: the realm of the unconscious soul; the feminine yielding principle, in contrast with the active spirit.

Exams: concern about some new test in life; the dreamer's self-confidence may be at stake.

Falling: insecurity, which is inevitably accompanied by anxiety and may be a genuine insight into the failure and misfortune looming ahead.

Flying: the wish to escape the pull of the Earth; on a practical level, the dreamer may wish to transcend and overcome difficulties, to lift himself or herself above the complicated ruts and patterns of life, or to become elevated above other people, to excel, or even to dominate.

House: the human body and personality; just as a person is often identified with his or her house, which is supposed to reveal character, so in dreams the house often represents the dreamer.

Money: anything of equivalent value—often time or energy, sometimes love.

Moon: the realm of the feminine, the maternal, including the unconscious soul.

Being Naked: the individual's desire to remove his or her facade or persona, to drop all pretenses and be real for a change; exposing his or her natural instincts and sexuality; also, revealing his or her inadequacy or shortcoming.

Definitions from A Dictionary for Dreamers. Copyright 1961 by Tom Chetwynd. Published by Unwin Hyman at HarperCollins Publishers, Ltd. (London).

JEM SULLIVAN

Alternative Psychiatric Institutions

When a friend or family member needs to be treated for a severe mental disturbance, institutionalization in a traditional mental hospital may strike you as a bleak prospect, and locating an alternative facility may be difficult. Here are some resources to make that task easier, should the need arise:

Located two hours north of San Francisco in the rolling hills of Sonoma County, **Pocket Ranch Institute**, a 450-acre therapeutic retreat center, has a six-bed in-patient Sanctuary program designed for people in crisis who don't need the close medical supervision afforded by a psychiatric hospital. The program's psychiatric nurses, psychologists, bodyworkers, and breath workers approach mental crisis as an opportunity for inner growth that leads to greater self-awareness and personal functioning. Candidates for treatment typically are people suffering from sexual abuse, dissociation disorders, multiple personality disorders, or spiritual emergency, or people in therapy who have hit a stage in their inner work that is too overwhelming and who need a protective setting to continue their personal explorations. Pocket Ranch also offers the STAR (Self-Analysis Toward Awareness Rebirth) program, a two-week residential therapy program. *PO Box 516, Geyserville CA 95411-0516; (707) 857-3359.*

Based on the pioneering work of Edward Podvoll, M.D., **Windhorse Community Services** (formerly Maitri Psychological Services) provides community-based, in-home recovery programs for people who have psychoses or who are going through spiritual emergency. In a home that the patient rents in Boulder, Colorado, a team of therapists—most of whom practice some form of contemplative discipline—engages in rotating three-hour shifts of "basic attendance" (see description at right). Like Pocket Ranch, the staff treats patients with as little medication as possible. Treatment may last from one to four years. *2048 Alpine Dr., Boulder CO 80304; (303) 786-9314.*

Sierra Tucson: A family approach to mental health.

For people undergoing chemical addiction or behavioral disorders, **Sierra Tucson**, a licensed psychiatric hospital, offers a family approach to wellness, treating not only the patient but also the person's family. The center specializes in people who are chemically dependent, who have eating disorders, who seek recovery from sexual abuse, or who have sex disorders. Staff members, who are in recovery themselves, practice a holistic approach to healing that includes a physical therapy program of acupuncture and tai chi designed to help patients get in touch with repressed body memories. To reinforce a healthy family environment, patients join support groups during the after-care recovery period. *16500 N. Lago del Oro Parkway, Tucson AZ 85737; (800) 624-9001 or (602) 624-4000.*

Night Visions, focuses on lucid dreaming, healing dreams, and the creative power of dreams. *PO Box 402, Questa NM 87556; (505) 586-0863. Quarterly; $10/year.*

THERAPY

A New Look at Mental Illness

When people undergo psychotic episodes, they generally are confined to a mental institution, given large doses of medication, and offered little hope for full recovery. But an alternative approach to the treatment of mental illness is emerging, and it involves treatment of a patient at home without drug dependency. Based on the pioneering work of Edward Podvoll, M.D., who combines traditional psychiatry with insights from Buddhist psychology, this approach holds that underlying all states of mind—even the most distorted—lies a reservoir of basic sanity that can be tapped in a healing environment.

Podvoll, who founded a psychiatric center in Boulder, Colorado, based on his experimental ideas, describes his approach in a book, **The Seduction of Madness** (HarperCollins, 1991; $10.95). The cornerstone is what he calls "basic attendance," in which a therapeutic team cares for a person at home by engaging the person in simple, grounded acts such as cooking, cleaning, paying bills, or tending a garden. By creating an environment that reinforces sane behavior, the team of therapists uses friendship and compassion to invite the patient to reestablish ties with consensus reality. "Even in the midst of psychotic exaltation or disaster, one can learn to hold one's seat and maintain one's dignity," Podvoll writes. "This, along with gentle human companionship, is the key to recovery."

Author John Nelson asks: What is madness?

Another book that offers new understanding of psychosis is **Healing the Split: Madness or Transcendence?** by John Nelson, M.D. (Jeremy P. Tarcher, 1991; $17.95). In this exciting and readable book, Nelson attempts to reconcile the beliefs of the majority of psychiatrists, who view mental illness as an organic malady requiring medication, and an alternative school that sees it as a process of spiritual emergence that is best treated with psychotherapy and meditation. Drawing on his knowledge of psychiatry and transpersonal psychology, Nelson views madness as an altered state of consciousness that, depending on how healthy the patient's personality is, may cause a regressive disorder or may act as a catalyst to spiritual growth.

For those who feel they are suffering from a spiritual emergency, the **Spiritual Emergence Network** provides information and referrals about therapists and more enlightened treatment facilities. *Call (408) 464-8261.*

BUILDING: BALFOUR WALKER/COURTESY SIERRA TUCSON

INNER CHILD

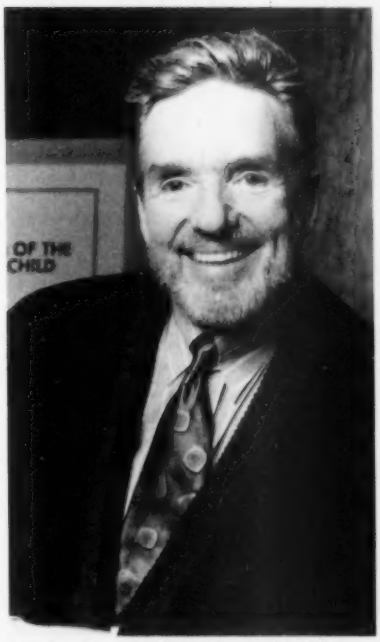
Healing Your Roots

According to best-selling author John Bradshaw, 96 percent of American families are dysfunctional to one degree or another. Most people, he says, carry within them a wounded inner child whose unmet childhood needs contaminate their adult relationships.

Given the popularity of his two public television series, *Bradshaw On: The Family* and the more recent *Bradshaw On: Homecoming*, it seems that Bradshaw has struck a chord in the American psyche. For an introduction to healing your inner child, try Bradshaw's best-selling **Homecoming: Reclaiming and Championing Your Inner Child** (Bantam Books, 1990; $18.95). The book provides self-help techniques for reconnecting with your inner child, grieving childhood losses, and healing at whatever point you got stuck in your development. *For information about Bradshaw's workshops or tapes, call (800) 877-8773.*

Another author who offers a wide-ranging survey of inner child literature and perspectives is Jungian analyst Jeremiah Abrams, who in **Reclaiming the Inner Child** (Jeremy P. Tarcher, 1990; $12.95) treats the inner child not only as an actual child but also as a unifying symbol of the Self who, according to Carl Jung, "wants to develop and become whole." The book contains 37 articles drawn from depth psychology, literature, and the recovery movement. Many deal with practical issues, such as healing the abused inner child, forgiving your parents, and developing the awareness to become better parents. Parenting with an awareness of your own inner child, says Abrams, can help end the wounding that is passed on from generation to generation.

In **Healing the Child Within** (Health Communications, 1987; $8.95), Charles Whitfield describes the journey of discovery and healing that adult children of dysfunctional families can undertake. With understanding and compassion, Whitfield shows how the inner child often is stifled and how the uncovering of long-buried feelings in therapy can lead to the end of victimization. In his "Personal Bill of Rights," the author lists 37 rights that he contends should belong not only to people in recovery but to everyone.



The father of the inner child: Author and PBS series host John Bradshaw.

Ron Miller is a freelance writer and author of a New Age Journal *book,* As Above, So Below: A Guide to Spiritual Renewal in Everyday Life, *forthcoming from Jeremy P. Tarcher.*

Finding Support

If there's one journey on which you benefit most from the accompaniment of a trained guide, it's the one that you take into your own psyche. If you're looking for a professional psychotherapist or a group that will support you through a recovery process, contact one of the organizations listed below for information or a referral:

PSYCHOLOGICAL ASSOCIATIONS

The Association for Humanistic Psychology is committed to developing human potential through the application of the humanistic tradition in psychology. Sponsors an annual conference for laypeople as well as professionals and publishes the quarterly *Journal of Humanistic Psychology* and the newsletter *AHP Perspective. 1772 Vallejo St. #3, San Francisco CA 94123-9816; (415) 346-7929. General membership: $59/year; introductory rate: $39.*

The Association for Transpersonal Psychology focuses on the interface between psychology and spirituality. Sponsors an annual conference (also for laypeople) and publishes the biannual *Journal of Transpersonal Psychology. Transpersonal Institute, PO Box 3049, Stanford CA 94309; (415) 327-2066. General membership: $65/year.*

The American Psychological Association publishes free pamphlets on psychological issues, such as the selection of a therapist, drug abuse, alcoholism, and day care. *1200 17th St. NW, Washington DC 20036; (202) 955-7710.*

The American Association for Marriage and Family Therapy provides a toll-free therapist referral service—*(800) 374-2638*—which will get you a consumer's guide to marriage and family therapy and a list of therapists in your ZIP code area. *1100 17th St. NW, Tenth Floor, Washington DC 20006; (202) 452-0109.*

12-STEP RECOVERY GROUPS

Alcoholics Anonymous is a voluntary worldwide fellowship of men and women seeking sobriety through the well-known 12-step program. *AA World Services, General Service Office, PO Box 459, Grand Central Station, New York NY 10163; (212) 686-1100 or (212) 686-5454 (TDD).*

Al-Anon and Alateen can give you a referral to one of the more than 15,000 groups nationwide for relatives and children of alcoholics. *Anon Family Group Headquarters, PO Box 862, Midtown Station, New York NY 10018-0862; (212) 302-7240. 24-hour hot line: (800) 356-9996. In New York: (800) 245-4656. In Canada: (613) 722-1830.*

If you send a self-addressed, stamped, legal-size envelope to Adult Children of Alcoholics, you'll receive a referral to meetings in your local area. However, the organization does not give out referrals to or endorsements of therapists, counselors, treatment programs, or books. *PO Box 3216, Torrance CA 90510; (213) 534-1815.*

FOR MORE INFORMATION

If you're interested in becoming a therapist, check out the Common Boundary Education Guide, which lists degree and training programs in transpersonal psychology, spiritual direction, pastoral counseling, and creative arts therapy (music, dance, and art). The book also has resource listings of retreat centers and conference facilities that offer workshops in these areas. *Common Boundary, 4304 East-West Highway, Bethesda MD 20814; (301) 652-9495. $19.95 plus $4 shipping.*

Communications

How to tune in to computers, camcorders, and other media.

BY PHIL CATALFO

RADIO

Ecology on the Airwaves

THE PAST YEAR HAS SEEN THE growth of what could be termed "eco-radio"—that is, programming devoted to environmental issues and awareness. Some programmers define *environmental* in the broadest—i.e., social and political—sense, and thus cover issues having to do with sex, race, and class as much as with endangered species. But it could be argued that their approach makes better use of the original sense of the word *ecology* than many of us currently do. The following eco-radio programs are all on public radio; contact your local station to find out when it will be airing them (and if it has no plans to do so, suggest that it make some).

"The environment is larger than nature": *Living on Earth*'s Steve Curwood.

Living on Earth is a weekly half-hour newsmagazine from National Public Radio (NPR) that covers the people and politics of environmental change. Hosted by Steve Curwood, formerly a *Boston Globe* science reporter and anchor of NPR's weekend *All Things Considered*, the show has the philosophy, according to producer Peter Thompson, that "the environment is larger than nature—it's the houses people live in, the factories they work in. It's not just trees in Oregon or Brazil; it's Harlem." As a result, offerings include uncuddly stories on lead poisoning in slum housing and on Louisiana's so-called "Cancer Alley." The program's high production values and journalistic pedigree have already won over more than 180 stations, and odds are good that one of them is near you. This is the best of the eco-radio programs. *PO Box 639, Cambridge MA 02138.*

An environmental hoe-down? Nick Forster offers "green" bluegrass on *E-town*.

Good Dirt is a weekly one-hour call-in program produced by Washington public station WAMU-FM. Hosts Dave Morine and Bil Gilbert favor an opinionated, shoot-from-the-hip style that is guaranteed to provoke and inform as well as entertain. The program offers stories about crows, poetry readings, native lore, and a weekly "eco-fable" (a light-hearted tale with an environmental moral), along with in-studio interviews that feature sophisticated questions and opinions from listeners. Available nationally since the fall of 1990, the show is airing in a baker's dozen cities, including Dallas, Little Rock, Milwaukee, Pittsburgh, and Rochester. *WAMU-FM, American University, 4400 Massachusetts Ave. NW, Washington DC 20016; (202) 885-1030.*

The Environment Show, produced by public station WAMC-FM in Albany, New York, and heard on more than 140 stations (including some on ABC commercial radio), is a straightforward weekly half-hour environmental magazine that offers good location-recorded stories—from a rally at the US Capitol to a ride in a solar-powered car. The two-year-old show also provides a knowledgeable forum for environmental spokespeople, legislators, corporate and scientific leaders, and others concerned in

various environmental debates. Although host Bruce Robertson's delivery is a tad wooden, and the overall presentation is a bit bland, the program is intelligently written and its menu nutritious. (This may be your mother's dictum —"Never mind how it tastes; it's good for you"— applied to radio.) *National Productions, WAMC-FM, 318 Central Ave., Albany NY 12206-2522; (800) 323-9262 or (518) 465-5233.*

From some other dimension entirely (via studios in Denver) comes **Terra Infirma**, an independently produced, weekly three-minute excursion into the kind of dadaist radio that hasn't been heard nationally since Ken Nordine stopped doing Levi's commercials. This mercurial production ranges from a multitrack, even hallucinatory sendup of progress to a deadpan reading of Sweden's Bill of Animal Rights, set to a lush string section. It's not always easy to know whether the producers are serious—and, if they are, just what they're serious *about*—but this show is always arresting. Compared to the oatmeal oozing out of your radio most of the time, this is extra-spicy taco sauce that will clean the lint out of your navel. So far the producers have built their network to more than 85 stations. *1450 Logan St., Denver CO 80203; (800) TREE-HUG or (303) 443-2026.*

America's liveliest news videos: Independent producers take to the streets for PBS's *The '90s*.

JEM SULLIVAN

E-Town gives the environmental movement what it has always needed: a good hoedown. This weekly hour-long program offers live music with an environmental emphasis, and includes speakers from the activist community and listener letters with eco-tips. Former Hot Rize member Nick Forster and his wife, Helen, started the program after a tour of Eastern Europe, during which they saw tremendous pollution as well as terrific audience response to his spirited modern bluegrass music. Distributed by NPR only since October 1991, the show is already heard on more than 60 stations. *PO Box 954, Boulder CO 80306; (303) HI-ETOWN.*

Earth on the Air is a rowdy program on the firing line of agitprop radio. The producers describe the half-hour program, which appears every three weeks (they aim for an eventual weekly schedule), as "bona fide public radio," referring to the contributions they receive from independent producers around the country and the forum they provide for unpopular or underexposed viewpoints. They also take *environmental* to mean *everything* in the environment; thus, they cover feminist punk rock as well as bird rescues. The program is a bit too strident for its own good, but it has a wildness and roughness that is missing—and desperately needed—in the airwaves today. Distributed by Pacifica Radio, the show is on about 30 stations nationwide, including several in the Seattle area. *PO Box 45883, Seattle WA 98145-0883; (800) 800-3145 or (206) 526-0551. Cassettes of programs are available by calling (800) 767-1929.*

Care and Feeding of Your Local Library

Even in this insatiably info-crazed society, the best source for information of all sorts still may be your local library. Many of these underutilized public institutions now are tooled up to do computer searches for hard-to-find books, to borrow materials from other libraries via "interlibrary loan," and to help you find answers to the most arcane questions imaginable.

Once you've found out what worlds of resources await you at the public library, you might be inclined to give a little back. Libraries can use your help. Of course, you can make donations of materials and money. But that's not all. Here are some tips, prepared with advice from Peggy Barber of the American Library Association:

Find out who the librarian is. This will help you understand what guides your library's service and acquisition policies. And let the director know who you are, "so that when we need you, we know who to call," as Barber says.

Join your library's "Friends" group. Most libraries have such support groups, some of which are large enough to mount film festivals and other fund-raising campaigns. But even a small group can be a big help to a library's efforts.

Get to know the library's book selection policy. If you donate a book that does not fit within the library's collection, it would not be worthwhile for the library to keep it. However, that same title might be a perfect candidate for a book sale organized by the Friends group.

Suggest a book acquisition. Sometimes a librarian may be aware of a particular title but, in an era of financial constraints, is unsure if the clientele would use it enough to justify its purchase. However, even a single request for that book may be enough to persuade the library to get it. Think of your library as an ever-growing body of knowledge—not just what's there now, but what might be there.

Be an advocate for free access to information. "We're the original recyclers," says Barber. "Information is a commodity that doesn't diminish with repeated use." Yet in today's political climate there are intense pressures to restrict access to certain books and other materials. The ALA, which has taken a firm stand against censorship, and your local library could use your support on this crucial issue.

Use the library. Visit it often. Take your kids to "story time." Borrow audio-visual materials. Get help with your tax returns. Research job opportunities. Call with a question. "The best relationship," Barber says, "is where the citizen feels the library is essential to him or her."

Media by Mail

Sometimes it seems like every day's mail brings a catalogue from a new outfit offering books, music, audio, or video treats. Here are some of the most interesting collections we've found:

MUSIC

Alcazar. This yearly catalogue features the most eclectic range of musical genres, with well-informed commentary that makes good reading by itself. *PO 429, Waterbury VT 05676; (800) 541-9904.*

Backroads Distributing/The Heartbeats Catalogue. Nearly 2,500 titles, mainly from new age music labels. Also offers playlists from the radio series *Music from the Hearts of Space. 417 Tamal Plaza, Corte Madera CA 94925; (800) 825-4848.*

Hear. This quirky collection, ranging from delta blues to Celtic folk, includes listings of some artists' favorite and most influential recordings. *37 Walnut St., Wellesley Hills MA 02181; (800) 432-7365.*

Redwood Records. Features Holly Near's extensive discography, as well as Latin American artists and other "Music that Rocks the Boat." *PO Box 10408, Oakland CA 94610; (800) 888-SONG or (510) 835-1445.*

Rocking the boat: Redwood Records' Holly Near.

Ladyslipper. The largest single catalogue of recordings by women, including folk music and international offerings. *PO Box 3124, Durham NC 27715; (800) 634-6044 or (919) 683-1570.*

AUDIO

American Audio Prose Library. Some 700 recordings featuring interviews with and readings by American writers. *PO Box 842, Columbia MO 65205; (800) 447-2275 or (314) 443-0361.*

Audio Forum. Literature, poetry, drama, music, BBC recordings, and rarities such as Orson Welles reading Walt Whitman. *96 Broad St., Guilford CT 06437; (800) 243-1234 or (203) 453-9794.*

Audio Literature. Catalogue of spiritual classics on cassette includes works by Casteneda, Muir, Rumi, and Kerouac. *325 Corey Way, Suite 112, S. San Francisco CA 94080; (415) 952-3400.*

Books on Tape. Offers for rental more than 2,500 unabridged recordings of popular fiction and nonfiction. *PO Box 7900, Newport Beach CA 92658; (800) 626-3333.*

The Mind's Eye. Excellent selection of radio drama includes works by Dickens, Shakespeare, and Austen, as well as children's tales and original productions of Tolkien classics. *PO Box 1060, Petaluma CA 94953; (800) 227-2020.*

New Dimensions Tapes. Nearly 1,300 conversations from the national radio series, featuring such luminaries as Buckminster Fuller, J. Krishnamurti, Holly Near, Bernie Siegel, Charlene Spretnak, and Joseph Campbell. *PO 410510, San Francisco CA 94141; (415) 563-8899.*

Pacifica Radio Archive. More than 40 years of adventurous radio programs— some 22,000 titles' worth— with an emphasis on politics, ecology, religion, minority and women's issues, and the arts. *3729 Cahuenga Blvd. W, North Hollywood CA 91604; (800) 735-0230.*

Sounds True. A young but impressive collection of interviews, talks, and conferences on such topics as Jungian psychology, the spiritual journey, personal healing, and more. *735 Walnut St., Boulder CO 80302; (303) 449-6229.*

VIDEO

Home Film Festival. Rents and sells hard-to-find videos, including foreign films, cult classics, and limited-release Hollywood productions. *PO Box 2032, Scranton PA 18501; (800) 258-3456.*

Mystic Fire Video. Small but outstanding collection of cutting-edge material, including much by Bill Moyers as well as the Blair brothers' *Ring of Fire* vision-quest series. *PO Box 9323, S. Burlington VT 05407; (800) 727-8433.*

Pyramid Film and Video. Educational films on health, safety, substance abuse, chemical dependency, parenting, peak performance, nutrition, independent films, the *In Search of . . .* series, and more. *PO Box 1048, Santa Monica CA 90406; (800) 421-2304 or (310) 828-7577.*

Thinking Allowed. The *New Dimensions* of television, with nearly 200 telecast conversations, as seen on PBS. *2560 Ninth St., Suite 123, Berkeley CA 94710; (800) 999-4415.*

The Video Project. Offers programs on critical global issues, such as the aftermath of the Gulf War and the radical changes in the Soviet Union. *5532 College Ave., Suite 101, Oakland CA 94618; (800) 4-PLANET.*

Bill Moyers (right) and Sam Keen in Mystic Fire's *Your Mythic Journey.*

Wishing Well Distributing. Probably the largest distributor of new age video: acupressure, assertiveness training, massage, Native American art, UFOs, Zen shiatsu, and more. *PO Box 2, Wilmot WI 53192; (800) 888-9355.*

BOOKS, GAMES AND OTHER STUFF

Raven Maps & Images. Computer-generated maps of startling clarity, detail, and beauty; a new way to view a state, region, or, indeed, the world. *34 N. Central Ave., Medford OR 97501; (800) 237-0798.*

Yes! Books and Videos. The mail-order arm of the famed Yes! Bookshop, offering books, tapes, and videos to promote personal development. *PO Box 10726, Arlington VA 22210; (800) YES-0234.*

Wireless. Built upon the foundation of Garrison Keillor's radio programs, now grown to include a surprising range of music, books, games, clothing, etc. *PO Box 64422, St. Paul MN 55164-0422; (800) 669-9999.*

VIDEO

Talking Back to Your TV

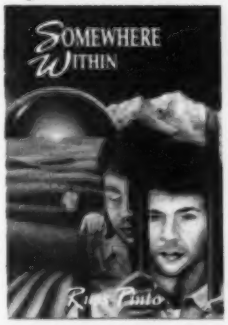
IT WOULD BE A GRIM WORLD INDEED IF the only way one could have an influence on what appears on the boob tube were to send tapes to *America's Funniest Home Videos.* Fortunately, there are a few worthwhile venues for contributing meaningful video footage to television.

Whatever you think of him, maverick media mogul Ted Turner is an ardent environmentalist. His superstation, TBS, seen on cable systems around the country, offers the only national environmental magazine show. And **Network Earth** offers viewers unusual access to the producers, via its own forum on the CompuServe computer network (see "Going On-Line," page 102) and through submissions to the show's "Newsreel" segment. Viewers also are invited to send in "Video Alerts" of "a mess that makes you mad" or "an environmental happening" you may be involved in. The show doesn't pay for footage used, but this is a high-profile way to publicize an eco-event or eco-crime. *Network Earth* airs at 11 P.M. Eastern Time on TBS; check your local cable listings. *1 CNN Center, Box 105366, Atlanta GA 30303; (404) 827-4040. Address submissions to "Network Earth/Video Alert."*

The '90s is the liveliest thing on national television. Most of what goes into programs comes from amateur contributors; 85 percent of it is shot on home video equipment. This mercurial journal of modern life is so far-ranging in form and content that even the producers find it impossible to define the show's beat in 25 words or less. So if you're interested in submitting some tape —the show pays $150 a minute for footage that it airs—it's a good idea to watch the program for a few weeks to get a sense of what the producers are after. Then send for the show's list of program themes for next season. The show airs on PBS on Fridays at 10 P.M. Eastern Time (check local listings). *The '90s, 400 N. Michigan Ave. #1608, Chicago IL 60611; (312) 321-9321; fax (312) 321-9323. Videotapes of past programs are available by calling (800) 522-3688.*

Deep Dish TV, seen mostly on local-access cable channels, bills itself as "the first national grassroots television network." Since 1985 this uncompromising blend of politics and art has built up an impressive roster of programs, such as *Slow Death in the Cities,* a live, national "town meeting" coproduced with Pacifica Radio. *Deep Dish TV* depends on a network of local contributors to expand its

SOMEWHERE WITHIN
by Russ Pinto



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broadcast outreach and supply characteristically impassioned program segments. Always eager for new ideas, at present the producers are looking especially for proposals and submissions focusing on the Columbus quincentennial from an indigenous-peoples' perspective. *For more information or a free satellite transmission schedule, contact Deep Dish TV, 339 Lafayette St., New York NY 10012; (212) 473-8933; fax (212) 420-8223.*

If you would like to get involved but have never picked up a camcorder, it's easier than you think to learn how to make video programs (that others will want to watch, at that). Most any sizable community likely will have a media center that offers instruction in video production, graphics, distribution, and the all-important art of grant writing; the **National Alliance of Media Arts Centers**, with some 150 member centers around the country, publishes a monthly newsletter, MAIN (for "Media Arts Information Network"), that includes resources. *1212 Broadway #816, Oakland CA 94612; (510) 451-2717. Membership: $30/year.*

Opportunities are even more widely available in cable-access. According to the **National Federation of Local Cable Programmers**, there are some 2,000 cable-access channels around the country. Facilities range from studios supplied by local cable companies (with virtually no money to subsidize production) to lavish production centers offering not only access to the cable airwaves but also equipment, materials, and staff to produce your program for you. *666 11th St. NW, Suite 806, Washington DC 20001; (202) 393-2650. Individual membership: $15–$100/year.*

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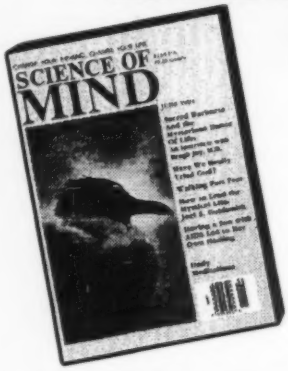

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COMPUTERS

Tools on Software

A FRIEND OF MINE IS FOND OF SAYING about the personal computer, "It's an expensive toy but a cheap tool." A pithy quote for the ages, sure, but beyond his sage comment is the truism that the real utility of this tool depends largely on the quality of the tools you use with it—the software packages, equipment, and access to both that you have.

One piece of software that is a godsend for PC owners who feel their machines are obsolete but can't afford to replace them is **GeoWorks Ensemble**, an easy-to-use package that can lend your PC the more intuitive and attractive screen of a Mac. Features include a word processor, paint/draw program, telecommunications, phone/address directory, day/month/year planner, and games. You can get the whole shebang for under $200. *GeoWorks, 2150 Shattuck Ave., Berkeley CA 94704; (510) 644-0883.*

If you're one of the many computer users who can't touch-type and harbors a secret desire to graduate from hunting and pecking, there are some excellent programs available to teach you how. Both **Type!** ($26.95–$29.95, depending on your type of computer) and **Typing Tutor 5** ($49.95) will analyze your strengths and weaknesses, recommend exercises and provide drills, and chart your progress with clear graphs. Both also provide a game to challenge you; the more interesting of the two is *Typing Tutor 5*'s "Letter Invaders," in which letters, words, and symbols fall from the sky, and you must type them correctly before they touch down and destroy the Earth. Quick, type "s-a-v-e t-h-e p-l-a-n-e-t" ten times! *Type!, from Broderbund Software, PO Box 6125, Novato CA 94948-6125; (800) 521-6263. Typing Tutor 5, from Simon & Schuster Software, 15 Columbus Circle, New York NY 10023; (800) 223-2348.*

For an educational experience of global dimensions, check out **PC Globe**, which will provide you with all the data you could want about 190 countries. A few keystrokes will get you various break-

downs of demographics, health statistics, economics, climate, currency conversion, and so on. In a matter of seconds you can zero in on the country, state, city, and information you want. This $69.95 program will even allow you to view maps and hear cyber-musical renditions of national anthems. The same company also produces the similar **PC USA** ($49.95) as well as a geo-historical jigsaw puzzle, **Geo Jigsaw** ($39.95), and a global scavenger hunt game, **Bushbuck Charms, Viking Ships and Dodo Eggs** ($39.95). *PC Globe, Inc., 4700 S. McClintock, Tempe AZ 85282; (800) 336-6314.*

Adults have loads of draw/paint programs to pick from—and all they ever make is boring old stuff. Now kids have one suited to their artistic needs—i.e., with playfulness at a premium. **Kid Pix** ($59.95) has kid's-eye-view features such as "wacky brushes" with which kids can create weird textures, and an "electronic mixer" that garbles an image, much to the neo-Cubist delight of the nearest young virtual-Picasso. Though this is no substitute for tactile arts, it definitely is an eye-popper for kids who love to play computer or video games—and definitely more creative and rewarding than "Super Mario Brothers." *Broderbund (see above).*

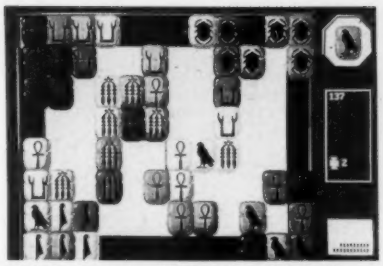
GAMES

Education for the Fun of It

OF THE ZILLIONS OF COMPUTER GAMES ON the market, many are violent fantasy challenges. Then there are those few that actually teach something worthwhile.

Broderbund offers two—**The Playroom** ($39.95–$49.95), for kids aged three through five, and **The Treehouse** ($59.95), for the five-to-nine set—that teach math, language, science, music, and other disciplines through a variety of intuitively accessed activities. In *The Playroom* the child's playmate is Pepper Mouse; in *The Treehouse* it's a pair of "Awesome Possums." At the child's urging, they pick up toys, play musical instruments, go out for a look at the birds and other creatures, put on plays, and do other fascinating things for however long the child wants them to. My five-year-old needed exactly no coaching from me; I loaded up *The Playroom* and let him go, and he figured it out quicker than I could have explained it. *Both from Broderbund (see above).*

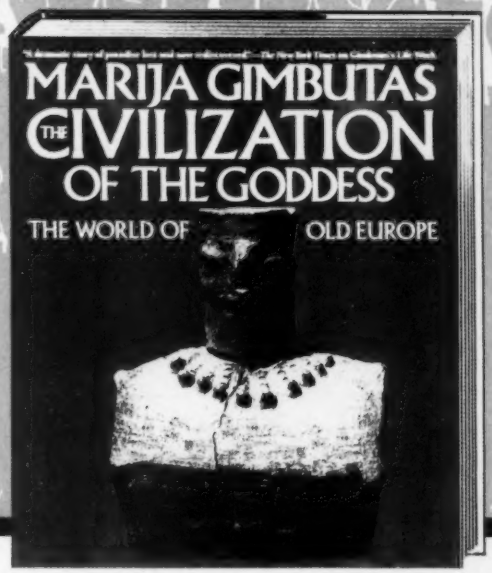
Another intriguing game from the same company may actually be the first computer program to have spawned a television show: the popular PBS geo-historical detective series featuring Carmen Sandiego. The latest release is **Where in America's Past Is Carmen Sandiego?** ($59.95), in which, as with previous editions, the nefarious Sandiego and her sticky-fingered band make off with some odd artifacts and must be pursued through time and space by the "tenderfoot" user.



Match the stones, win an I-Ching reading. Ishidō: The Way of Stones.

Broderbund also distributes **Sim City** ($49.95–$59.95), in which you build a city—controlling development, creating industry, and levying taxes as you please—and then deal with attendant pollution, voter unrest, population flight, urban crime, and everything else that ensues. Its younger sibling, **Sim Earth** ($49.95– $59.95),

The true dawn of civilization



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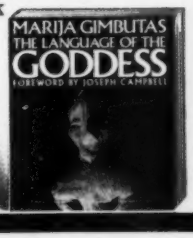

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Where in the World Is Carmen Sandiego? The PBS show inspired by the computer game.

does much the same on a planetary scale.

Another global program, **Balance of the Planet** ($24.95), puts things in starker, do-or-die terms, weighing positive and negative factors and accruing such ominous values as "Skin Cancer Points." (You quickly find that skin cancer is caused by CFC production; but when you heavily tax that industry, you find untoward economic effects. It is indeed not easy being green.) Though its graphics are not as sophisticated as those in *Sim City* and *Sim Earth, Balance* has an urgency just shy of the apocalyptic that can raise your temperature an enlivening degree or two. *Accolade, c/o Starpak, 237 22nd St., Greeley CO 80631; (800) 245-7744.*

An oracle on a computer screen? It might sound sacrilegious, but it's an intriguing concept. **Ishidō: The Way of Stones** ($29) is a quasi-Oriental board game played with 72 stones on 96 squares; you try to match patterns and colors — and, since this is one of the finest *looking* programs on the block, the colors, textures, and patterns of the stones and the playing board are a feast for the eye. You can play as a kind of meditation, looking for patterns and finding a quiet order, but the object of the game is to create a "four-way match" among placed stones. When you do that you're dished up an I-Ching reading in response to a question you've asked at the beginning of the game. Designer Michael Feinberg is said to have thought up the game in a *dream;* guess it pays to have a note pad by the bedside after all. *Available from Accolade (see above).*

NETWORKING

Going On-Line

CONNECT YOUR PERSONAL computer to a phone-line computer device known as a modem, and you're linking yourself with the rest of the world. Of course, you won't be the first to do this. More than a million Americans are already using computer networks for both business (managing stock portfolios; making airline reservations; researching medical, legal, or environmental issues) and pleasure (exchanging electronic mail or "conversing" with other network users on-line).

If you're looking to get your electronic feet wet by logging on to a commercial computer network, be aware that the key word here is *commercial.* These systems charge for time on-line, and costs can add up alarmingly fast. So investigate the discount-access options that many systems offer, and check your local alternative newspaper or computer-oriented periodical for systems that are located near you. Also, when you sign up with a system, ask if there is an "almanac" or "official guide" (not just a user's manual) to the various forums, conferences, and services available; having that information available in print, *off*-line, can make it easier for you to know what might be worth your on-line time.

The system that is probably easiest to use is **America Online**, which has a pretty-good-sized population and a fairly broad range of subject matter. The company will send you a free software kit for logging on, or you can get the software as part of the *GeoWorks Ensemble* package. *8619 Westwood Center Dr., Vienna VA 22182; (800) 827-6364. Signup fee: $5.95. Connect charges $5/hour evenings; $10/hour 6 a.m.–6 p.m.*

The largest system, with more than 700,000 active users, is **CompuServe**, which has the most astounding array of services and information (including an on-line encyclopedia and version of *Books in Print*). If you find yourself feeling like a small-town kid in the big city, dive into one of the special-interest forums and get to know the feel of the "place." The Cancer Forum is one of CompuServe's warmest, most heartfelt arenas; also recommended is the Network Earth forum. *5000 Arlington Centre Blvd., PO Box 20212,*

Civilizing the Electronic Frontier

Millions of words are written about the technological advances of the computer world and their economic implications. Less attention is paid to the long-range sociopolitical implications of the technology, which has already redrawn the boundaries of certain legal definitions (e.g. privacy, copyright, freedom of speech) and, some believe, may reinvent politics.

One resource for good thinking in that realm is the Electronic Frontier Foundation, founded in the summer of 1990 to "civilize the electronic frontier; to make it useful and beneficial not just to a technical elite, but to everyone; and to do this in keeping with our society's highest traditions of the free and open flow of information and communication." So far the EFF's prime work has been with respect to programmers' and users' rights.

Holding the line against restrictive government attitudes and promoting informed discussion among professionals, lawmakers, and citizens alike, the EFF puts forth its anticensorship position in a quarterly newsletter and biweekly informational postings on computer networks such as the WELL and Internet. You can bet on the EFF to be there for you *before* your electronic rights are up against the wall, and to help usher in what it calls "the full dawn of the Global Information Age." *Memberships: $40/year ($20/year for students). 155 Second St., Cambridge MA 02141; (617) 864-0665, fax (617) 864-0866.*

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Columbus OH 43220; (800) 848-8199. Signup fee (including $25 usage credit): $39.95. Connect charges: $6/hour at 300 baud, $12.50/hour at 1200 or 2400 baud, $22.50/hour at 9600 baud. 30¢/hour communications surcharge; additional charges may apply.

A wide-ranging system that attracts users from several dozen countries is DELPHI, which features special interest groups (SIGs) for PC and Macintosh users; a variety of business-and-finance services; regional DELPHI branches in Argentina, Boston, Kansas City, and Miami; on-line games such as "Poker Showdown"; and even a New Age Network for discussion of things metaphysical. *General Videotex Corporation, 1030 Massachusetts Ave., Cambridge MA 02138; (617) 491-3393. Basic plan: $5.95/month; includes one hour on-line; $6 charge each additional hour. "20/20 Advantage Plan": $20/month; includes 20 hours on-line; $1 charge each additional hour. Communications surcharge: $9/hour during peak hours (7 a.m.–7 p.m.); additional charges may apply.*

Computer networking meets progressive political activism head on with the Bay area's **EcoNet**. Some of the local Earth Day 1990 activities were planned —and coordinated with Earth Day national headquarters—on EcoNet. And the same computer houses several other networks: PeaceNet, ConflictNet, HomeoNet (devoted to homeopathic medicine), and Global Action Net. Among the more than 500 conferences on-line you'll find alerts on environmental fronts, grassroots proposals for nuclear disarmament, and a whole panoply of fertile ideas and efforts aimed at making the world safer and saner. This system is also part of a global web of like-minded systems, so interested activists anywhere can easily interact. *Institute for Global Communications, 18 DeBoom St., First Floor, San Francisco CA 94107; (415) 442-0220. Signup fee: $15. Monthly charge: $10, plus usage charge of $5/hour ($10/hour during peak hours, 7 a.m.–6 p.m., Monday–Friday).*

Another Bay area service worth knowing about is the **Whole Earth Lectronic Link**, or the WELL. Though it has only about 6,000 members, this is the most vital on-line community going, with close to 200 conferences and the most dynamic conversational environment in an on-line system. The 1989 earthquake and the '91 firestorm galvanized the WELL's members, most of whom live in northern California, into an ad hoc information-and-response committee, which speaks volumes not only about WELLers' altruistic spirit but also about how vital on-line relationships can

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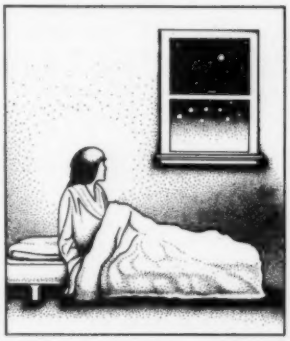
—Harold Klemp, spiritual leader of Eckankar



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become. *27 Gate 5 Rd., Sausalito CA 94965; (415) 332-4335 (or 332-6106 modem). Monthly charge: $10. User fee: $2/hour; $4/hour from nonlocal CPN access.*

If you're from the East Coast, you might like to try out **ECHO**, the New York City-based counterpart to the **WELL** (the acronym stands for "East Coast Hang Out"). *97 Perry St., Suite 13, New York NY 10014; (212) 255-3839 or (212) 989-8411 (modem). Cost: $18.95/month ($12.95 for students).*

Unlike the other systems mentioned here, **Awakening Technology** is organized into private "seminars," open only to registered participants and predicated on an unusually high degree of confidentiality and mutual supportiveness. The system provides "islands of safety for unlocking human potential," say the coordinators, Peter and Trudy Johnson-Lenz. Their workshops last ten weeks; past offerings have included such titles as "Living in Context," "Avenues for Action," and "Earth and Spirit." *695 Fifth St., Lake Oswego OR 97034; (503) 635-2615 or (503) 697-3569 (modem). Costs range from $95 to $195 per seminar. There are no hourly charges. A monthly membership fee of $25 is included in seminar fees.*

If the menu of computer networks is too daunting for you to peruse on your own, get a copy of **The Matrix** (Digital Press, 1989; $49.95), John Quarteman's exhaustive 700-page inventory of networks. This resource shows the clear differentiation among a bewildering array of different kinds and magnitudes of systems. Though some details are now outdated—not surprising, given how fast technology changes—no other book approaches the subject so weightily (with thumbnail descriptions of scores of systems) and so globally (with listings of info nets in Eastern Europe, Africa, Latin America, and Australia). *12 Crosby Dr., Bedford MA 01730; (800) 344-4825.*

For information that is more up-to-date, read **Online Access Magazine**. A quarterly publication, it also offers profiles of individual networks that are more in-depth, giving you a better glimpse into the system's character than the briefer sketches in *The Matrix*. The Fall 1991 issue included an excellent article, "Telecommunication Basics," which covered everything from buying and installing a modem to the arcane nomenclature of computer telecommunications. *2271 N. Lincoln Ave., Chicago IL 60614; (312) 935-1400. Quarterly; $19.80/year; $4.95/issue.*

Phil Catalfo is a contributing editor of New Age Journal.

YOGANOMICS

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Paul Cornell du Houx graduated cum laude with a double degree in Economics and French from Amherst College. As an auditor for Price Waterhouse & Co. and as a computer salesman he saw the marketplace in action. For the past ten years he has experienced Nature Spirit channelling directly as a member of a consultancy business in Great Britain. All his experience has culminated in the quintessential New-Age book, **Yoganomics**.

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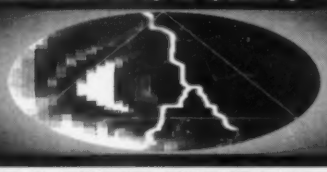

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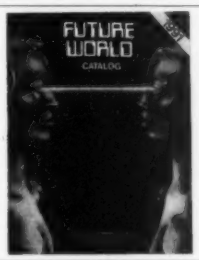

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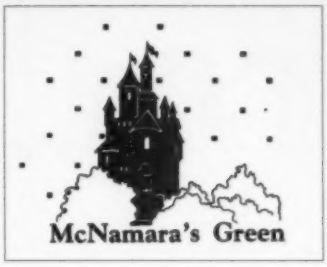

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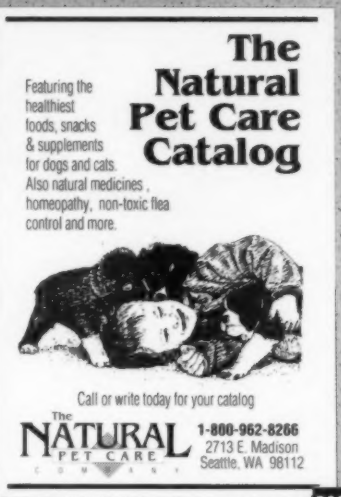

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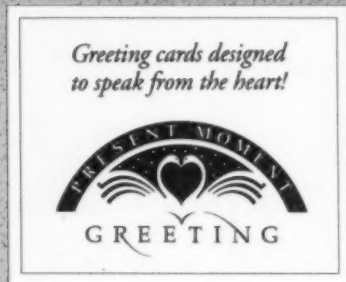

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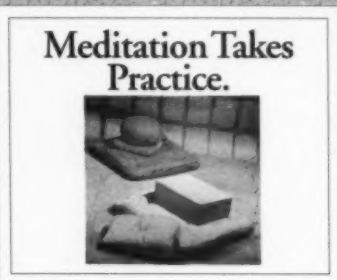

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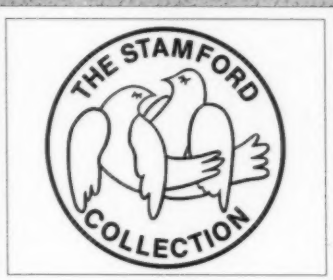

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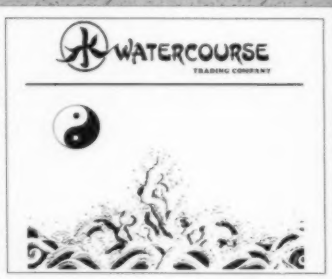

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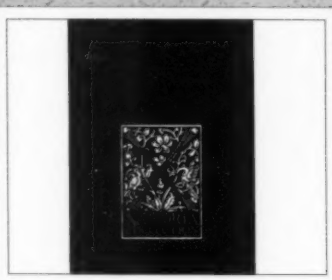

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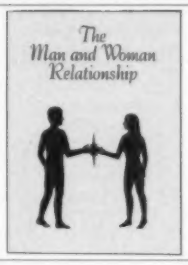

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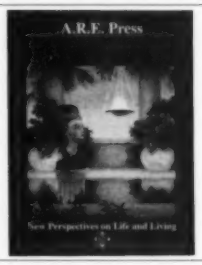

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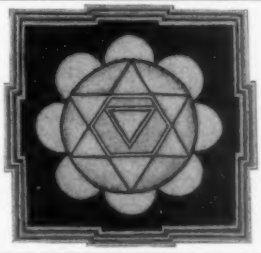

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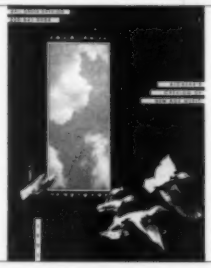
367



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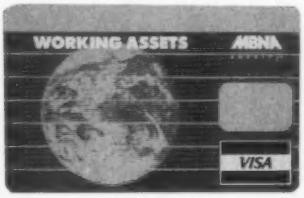

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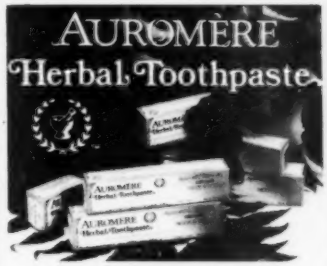

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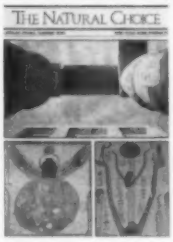

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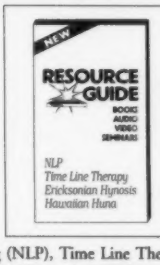

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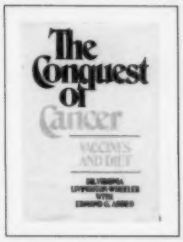

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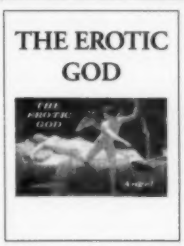

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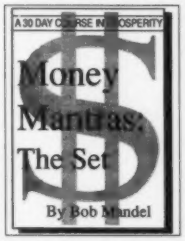

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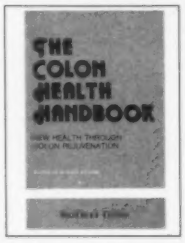

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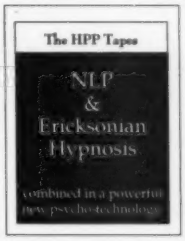

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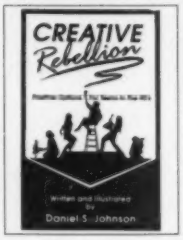

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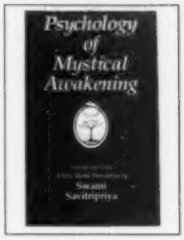

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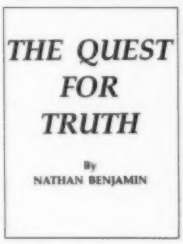

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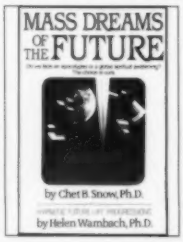

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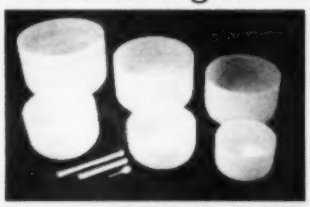

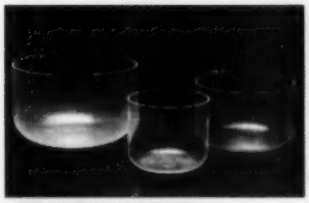

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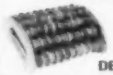

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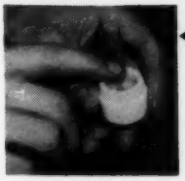

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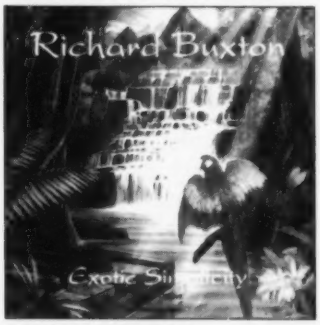

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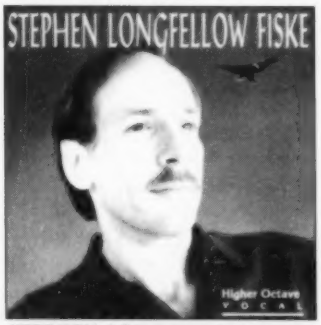

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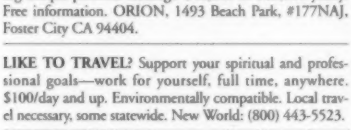

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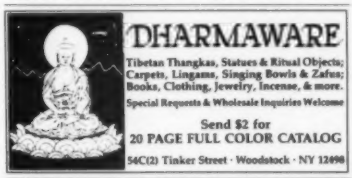

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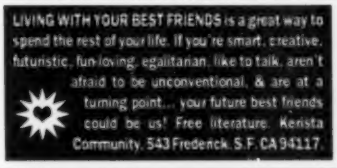

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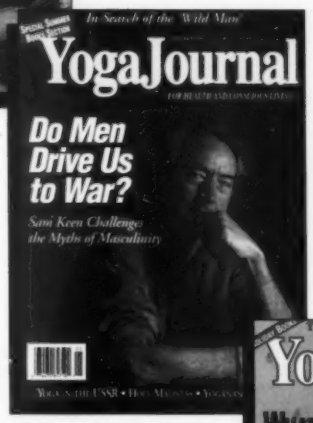

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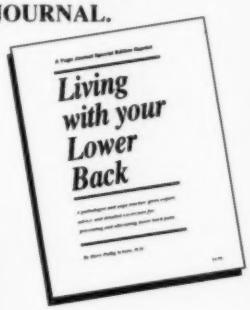

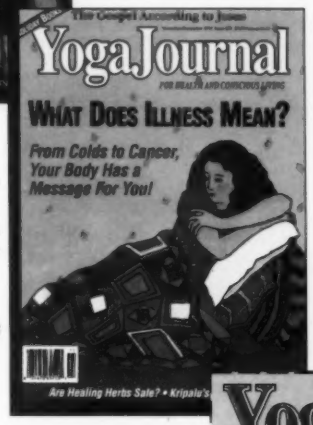

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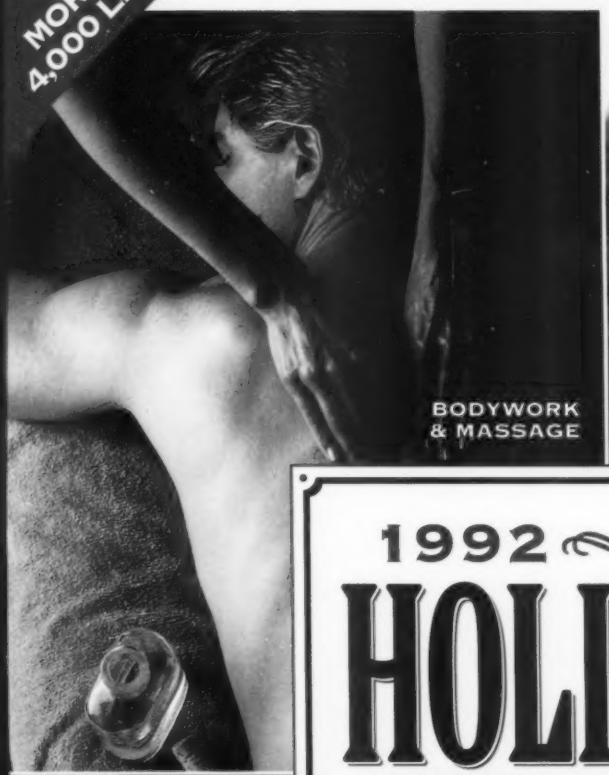

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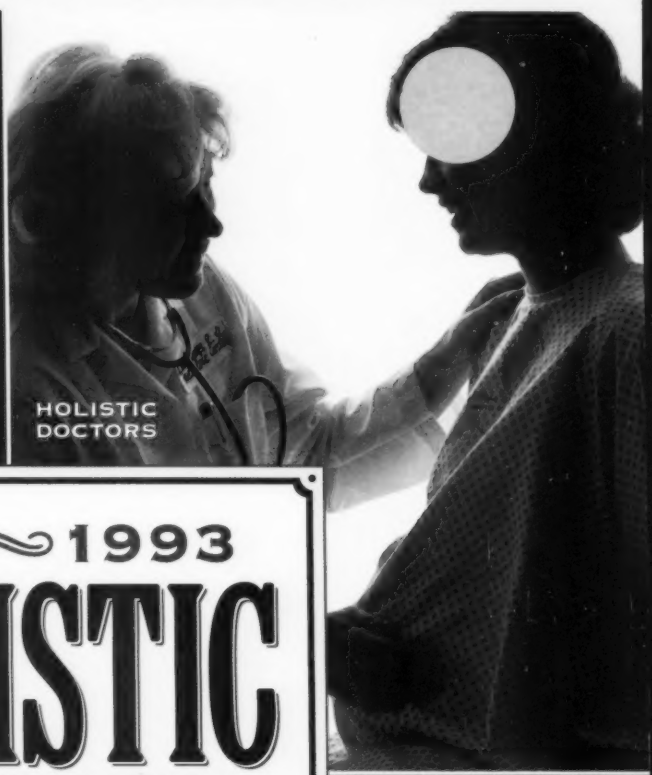

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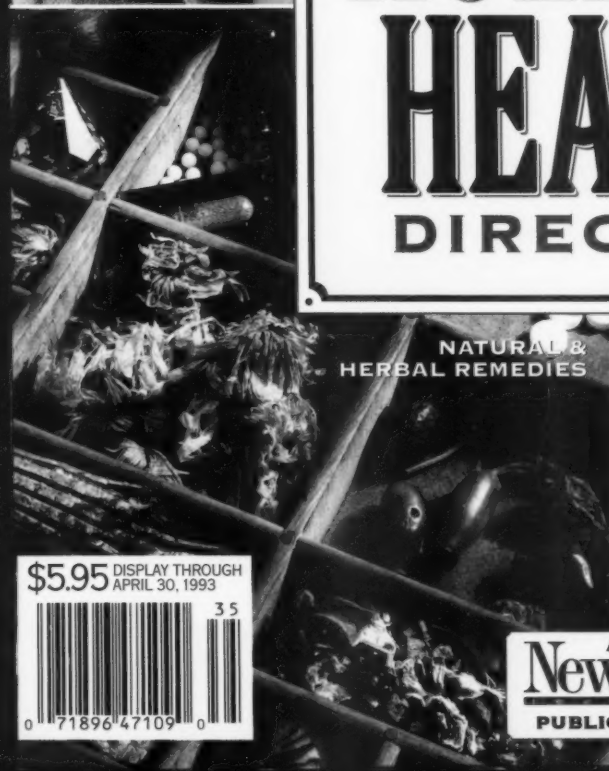

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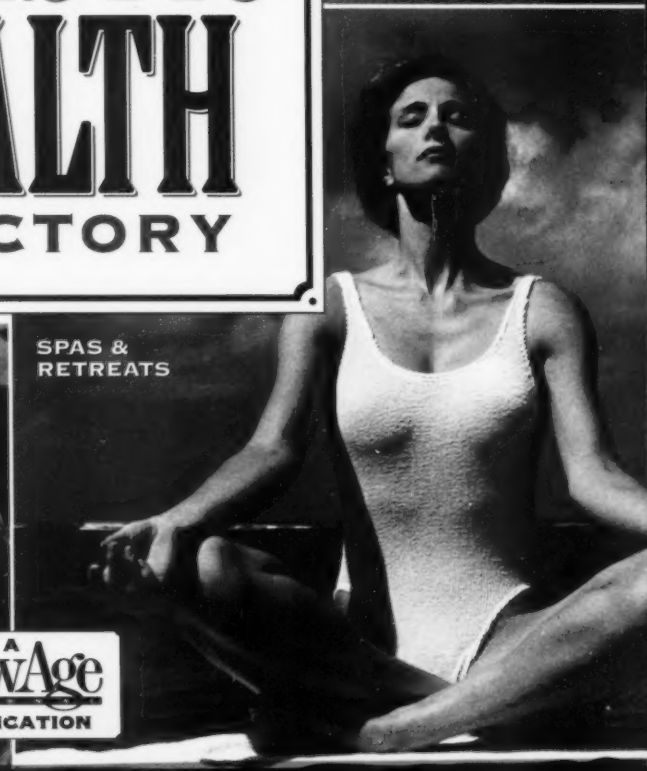

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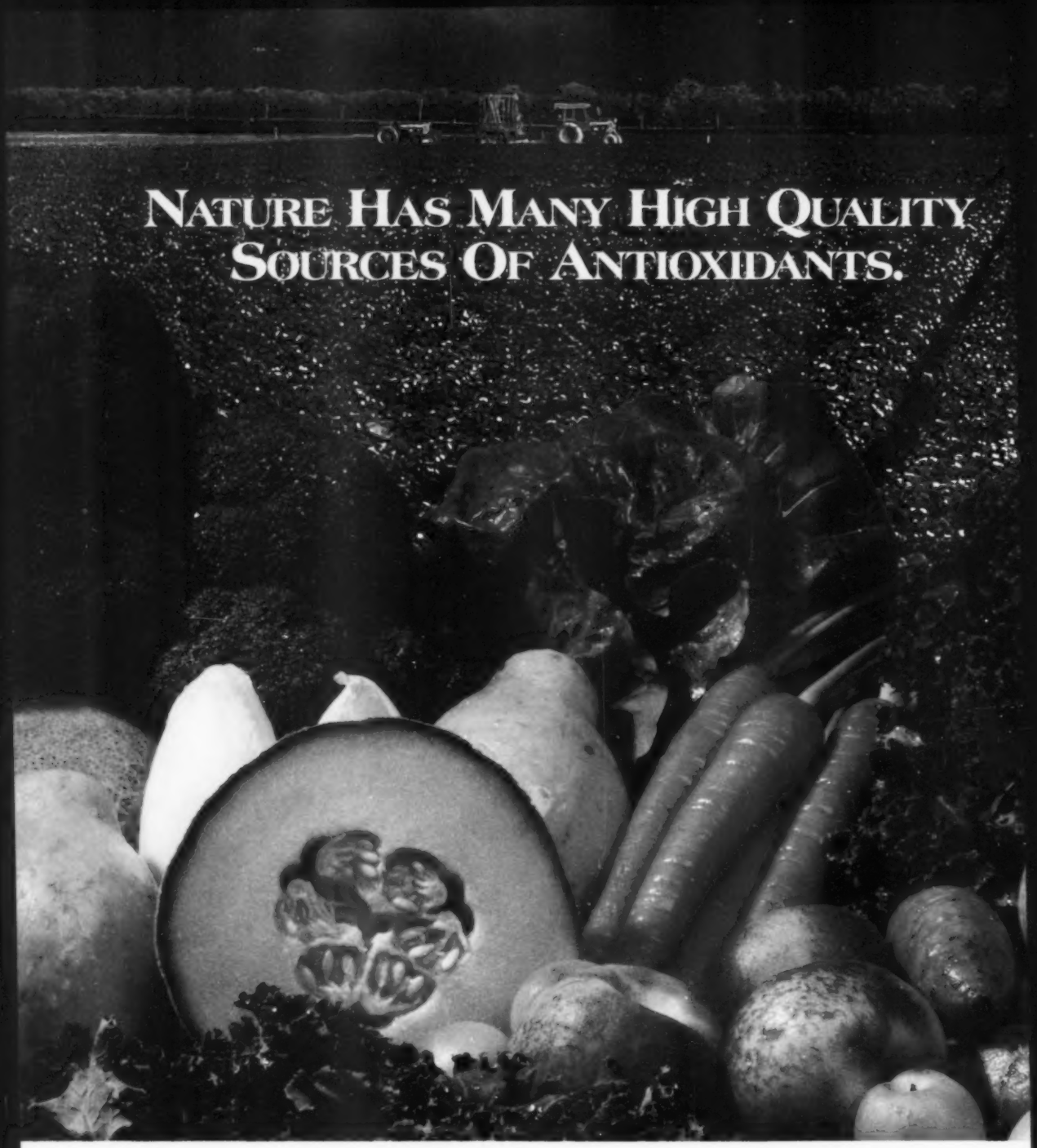

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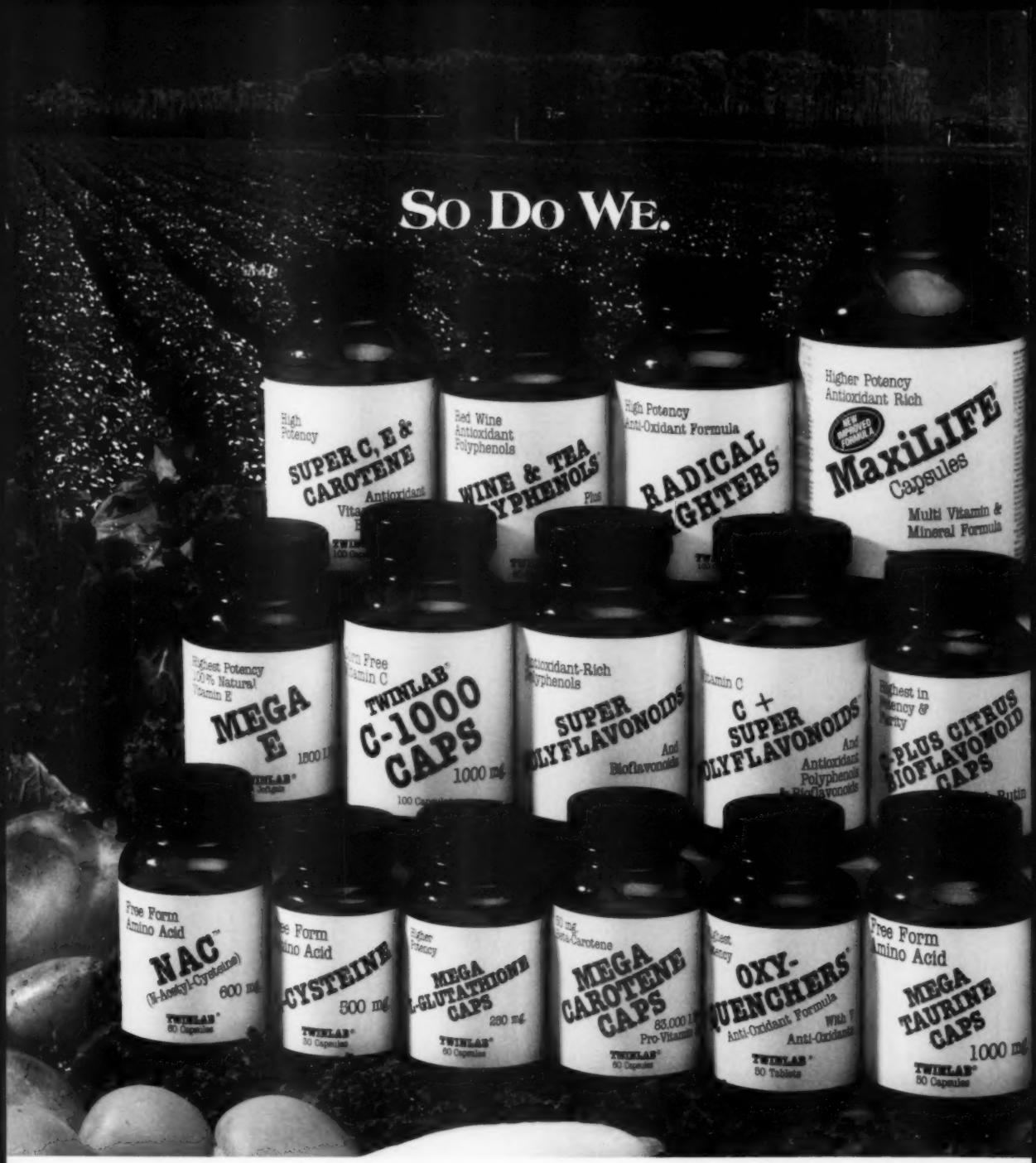

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WELCOME

PERHAPS YOU'VE BEEN SEARCHING FOR A DOCTOR WHO IS as skilled in enhancing your wellness as in treating your illness. Or maybe you've talked to a friend who just happened to solve nagging headaches like yours with herbs, or massage, or a new diet. Or you've just moved to Bozeman, Montana, and need a new acupuncturist, or chiropractor, or therapist. Whatever it is, you'd like to seek the help of a holistic health practitioner. But when it comes to finding one, you just don't know where to begin.

This book is for you.

In this first-of-its-kind directory, we offer you access to thousands of doctors, therapists, bodyworkers, and natural healers. And we've arranged them so you can quickly locate those in your local area—perhaps as close as your own city or town.

It's a resource that, frankly, is long overdue. In recent years, more and more information has come out about the usefulness of alternative therapies. For many people, in fact, holistic health care—which takes into account the interrelation of the body, mind, emotions, and environment—has emerged as the therapy of choice for treating a range of common health complaints and illnesses. For others, these alternative modalities serve as gentle, natural, and more personalized counterpoints to conventional allopathic medicine. One recent *Time*/CNN poll found that roughly 30 percent of those questioned said that they had tried some form of unconventional therapy—half within the past year. Yet, until now, there has not been a comprehensive national guide to locating a holistic health practitioner.

AN INTRODUCTION TO USING THIS DIRECTORY

Our 1992–1993 HOLISTIC HEALTH DIRECTORY has a straightforward format, but the following tips will make your use of it even more productive. As you navigate through these listings, which have been paid for by the individual practitioners, keep in mind:

• Practitioners have been divided first by field ("Natural and Holistic Health," "Bodywork and Energy Healing," "Counseling," and "Resources"), then organized alphabetically within those fields by the specific type of service offered ("Acupuncture" through "Women's Health"), then alphabetically by state, city, and practitioner. So if you're looking for, say, a homeopath near you in Santa Monica, you'd first flip to the "Natural and Holistic Healing" section, find "Homeopathy" and then "California," and scan down the listings to the Santa Monica addresses, located between those in Santa Barbara and those in Santa Rosa. (Note: Within the listings, "Canada" is treated as a state.)

• Those who are looking for a specific modality, such as "Feldenkrais," but are unsure as to what broad field it has been listed under, can use the alphabetical index located at the back of this directory on page 128.

• Many in the holistic health field practice a variety of modalities and are thus difficult to categorize under any one heading. For example, a practitioner listed under "Acupuncture" might also use therapeutic massage or Reiki as part of his or her practice. Our brief headings may not fully convey the range of approaches taken by the therapists listed. Many practitioners, in fact, have chosen to be listed under more than one heading.

• The glossaries at the beginning of each of the four major sections are offered as merely introductory explanations of these sometimes hard-to-explain healing modalities. Ultimately, your own explorations and interviews with prospective practitioners will provide the clearest sense of what type of therapy is being offered.

• Above all, be a responsible consumer. Many people take more care in choosing a new car than they do in choosing a doctor. Investigate and interview any prospective practitioner. Become a partner in your own health care. Explore all of your options. (For tips on getting the most from your health care provider, see page 9.)

Extensive as these listings are, we plan to continue expanding this resource in future annual editions. We know we have not been able to reach all practitioners who might want to be listed here. For information about being included in future editions, please see the inserted application page. We also welcome comments and suggestions from concerned readers, as our goal is to make this directory as useful—and easy to use—as possible.

We hope that, with this directory, you're able to find the practitioner who's right for you.

David H. Shore

The publication of names and services in 1992–1993 HOLISTIC HEALTH DIRECTORY should not be construed as an endorsement of any specific practitioner or as evidence of the validity of any healing modality. Those using this guide should investigate any service offered with appropriate care and discernment before making a health care decision.

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TIPS FOR CHOOSING A PRACTITIONER

EXPERT ADVICE ON GETTING THE MOST FROM HOLISTIC CARE

BY JENNIFER KING

THE GROWING INTEREST IN HOLISTIC HEALTH MEANS that more options are available than ever before for those who want to explore the promise of these healing methods. But with these new options may come new confusion for the consumer. How do you sort through often unfamiliar therapies and credentials and find the best care? We asked some experts in the field of holistic health for their advice on how to be a smart consumer.

1 EXPLORE YOUR OPTIONS WHILE YOU ARE WELL. Don't wait until you are ill to find a practitioner you trust. You can make less rushed, more thoughtful decisions about practitioners when you are not distracted by the physical and emotional toll of an illness, notes Joan Borysenko, psychotherapist and cofounder of the Body-Mind Clinic at Beth Israel Hospital.

Borysenko suggests that you set up a "get acquainted" visit with any practitioner you are considering. While this kind of shopping around may cost you some money, it can prove well worth the investment: Many holistic practitioners can work with you to help keep you well, and, should you become ill, just knowing that there is already a trusted practitioner to turn to can greatly reduce your stress.

2 DO YOUR HOMEWORK. If you do have a condition that you would like to treat with holistic methods, and you don't already have a practitioner or modality you prefer, how do you decide whether to turn to, say, an acupuncturist or a homeopath for care?

Because holistic therapies have not yet been widely embraced by the mainstream medical community, getting good information about a treatment's efficacy and uses is not as simple as looking through back issues of the *Journal of the American Medical Association.* Instead, it's up to the consumer to become his or her own best expert in this emerging field.

One place to start is networking with friends and acquaintances who may have had a similar condition and have obtained good results with a treatment or practitioner. Self-help groups organized around illnesses can also be helpful in this regard. Look through the holistic health titles in the book section of your local natural food store or book store, or attend conferences at holistic learning centers on health topics.

3 DON'T BE AFRAID TO EXPERIMENT. Finding a treatment regime that works for you can sometimes mean trying out a number of different healing methods. Says William J. Goldwag, a holistic M.D. with a practice in Stanton, Connecticut, "What works for one person may not work for someone else with the same problem. A lot of any medical practice—Western or otherwise—is trial and error. You start someplace and end up somewhere else."

4 IN THE CASE OF SERIOUS ILLNESS, GET AN ADEQUATE DIAGNOSIS. Even if you do plan on having your illness treated with herbs, massage, or some other more-natural therapy, it's still a good idea to have serious symptoms first evaluated by someone who has had a thorough clinical training in diagnosis. Remember that receiving a diagnosis from a doctor doesn't mean that you have to follow his or her prescribed treatment—it's simply to give you information so that you can then make your own decisions about what course of treatment is right for you. "The worst case is someone who starts treatment with an alternative practitioner for persistent headaches, and it turns out later to be a brain tumor," says Fred Bishop, executive director of the International Foundation for Homeopathy.

5 INVESTIGATE A PRACTITIONER'S CREDENTIALS. There's a wide variation in the background and training of holistic practitioners: Licensing regulations governing specific fields (where they exist at all) often vary from state to state. So it's important for you to inquire for yourself about a practitioner's background: Where and for how long did he or she train? Did that training include clinical experience, or was it done through the mail? Is the practitioner licensed or certified? What did that process entail? What conditions does the practitioner's training qualify him or her to treat? What conditions *can't* the practitioner treat? (It's worth being cautious of someone who assures you that his or her method can unquestionably cure "everything.")

If you want more information about the quality of a practitioner's training, associations that govern specific fields (such as the American Association of Naturopathic Physicians) can often offer an evaluation of a school or training program's reputation or provide a listing of practitioners who are officially cer-

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tified or licensed.

Though such criteria are important, the lack of formal credentials should not necessarily rule someone out. Some of the most renowned healers have no formal training, especially in such fields as spiritual healing. Obviously, however, you need to be extra cautious in consulting any practitioner who doesn't have clear credentials.

6 GET CLEAR ABOUT YOUR TREATMENT PLAN BEFORE YOU BEGIN. Discuss what to expect from a treatment *before* you agree to it, recommends Allen Gaby, M.D., a holistic physician with a practice in Baltimore, Maryland. Among the points to go over

> Don't be afraid to stop a treatment if you don't feel that it is working for you. Don't worry about being a "bad patient" or hurting a practitioner's feelings.

with a practitioner: How many people have you treated with my condition? What percentage of the time do you have success in treating my condition? What are the possible adverse reactions or side effects of the treatments? How many visits will the treatment take? At what point is it reasonable to expect that I will feel better? How much will it cost? Is there any research or clinical studies to back up this treatment?

In evaluating responses, Gaby advises that you take the *tone* as well as the content into account. "I would rather have a practitioner tell me that 30 percent of people experience side effects than one who brushes off my questions or gets defensive," he says.

After such a discussion, make sure that you are allowed a reasonable amount of time to sort through the information you have been given and are not rushed into treatment unnecessarily.

7 REMEMBER THAT YOU ARE IN CHARGE. At any time in the process, don't be afraid to stop a treatment if you don't feel that it is working for you. Don't worry about being a "bad patient" or hurting a practitioner's feelings: "The

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practitioner doesn't pay you; you pay the practitioner," says Dana Ullman, author of *Everybody's Guide to Homeopathic Medicines.* "So if this employee doesn't completely satisfy you, he or she should be replaced."

8 TRUST YOUR OWN IMPRESSIONS. Chemistry can be almost as important as credentials in finding the right practitioner. In their helpful brochure, "How to Choose a Holistic Health Practitioner," the American Holistic Medical Association (AHMA) offers some questions to reflect on in evaluating whether a practitioner is a good "fit" for you. Among them: Do you feel comfortable and cared for when you visit the office? Does the staff further your sense of well-being? Is your appointment time honored, or do you have to wait? How do you feel when you are in this environment? Is the practitioner accessible? Is the practitioner sensitive enough to place him/herself in your position regarding fears and anxieties about an illness or proposed treatment? Does he or she appear to represent a healthy lifestyle, or show signs of overweight, overwork, smoking, or drinking?

If you would like to compare your impressions with those of other patients, William Manahan, M.D., president of the AHMA, suggests asking for references from the doctor's roll of patients. Or you might strike up a conversation at the magazine rack in the waiting room to ask other patients about their experiences.

9 WHAT TO DO ABOUT DR. WRONG. A recent *Time*/CNN poll found that 84 percent of the people who visited an alternative practitioner would go back to one. But what should you do if you are dissatisfied with the treatment you have received? The first step in addressing your concerns may simply be a frank talk. Roy Upton of the American Herbalist Guild notes that often misunderstandings about predictable side effects or similar concerns are at the root of a patient's dissatisfaction.

If you have a serious complaint, Sally Nicholson, executive director of the AHMA, advises that you should complain at the state level to the board that issued the practitioner's license. For practitioners of modalities not licensed by the state, the procedure is less clear cut. Try contacting practitioner associations (such as the Herbalist Guild) for advice and follow-up.

Jennifer King is the editorial coordinator of the 1992-1993 Holistic Health Directory.

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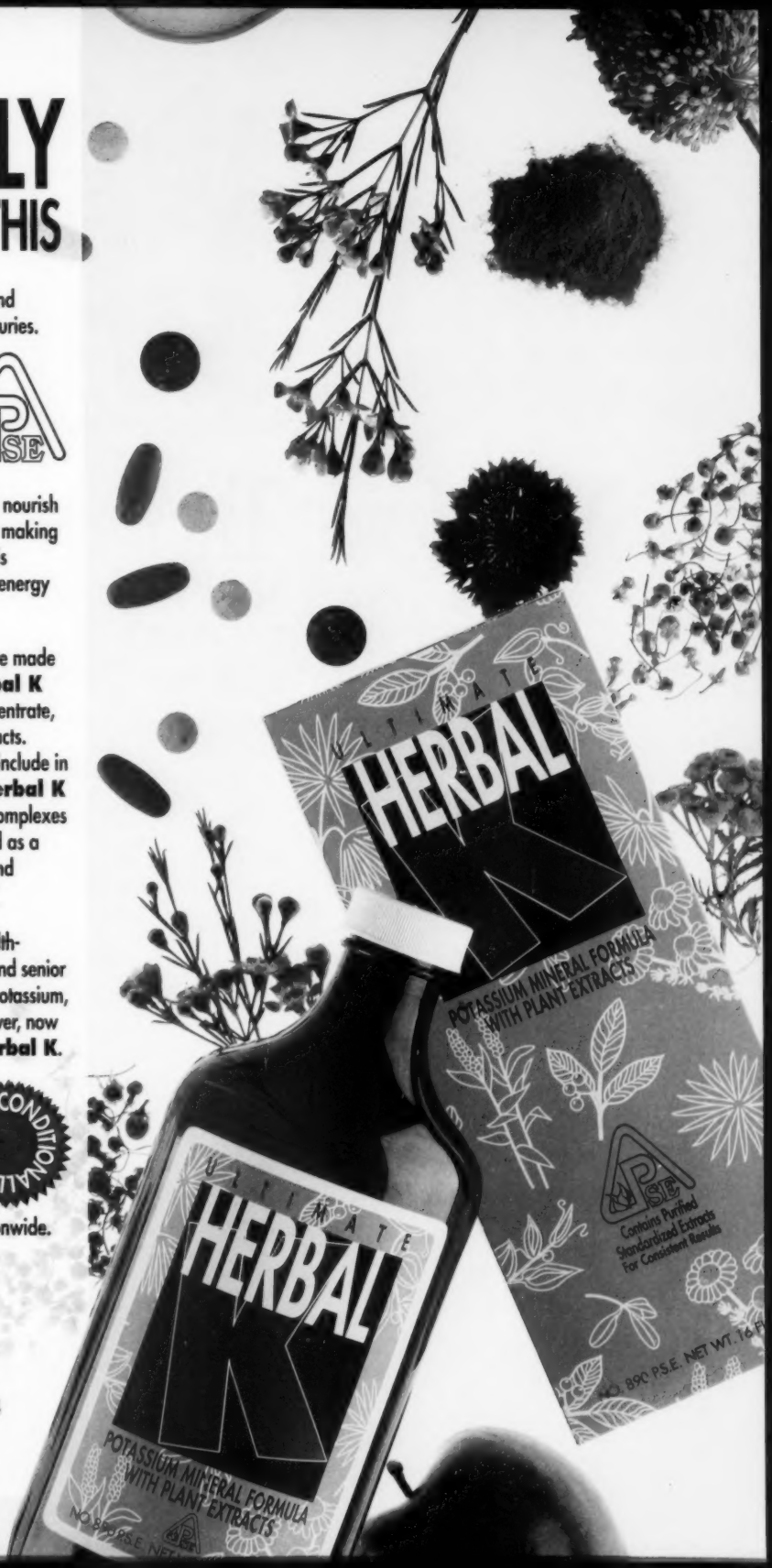

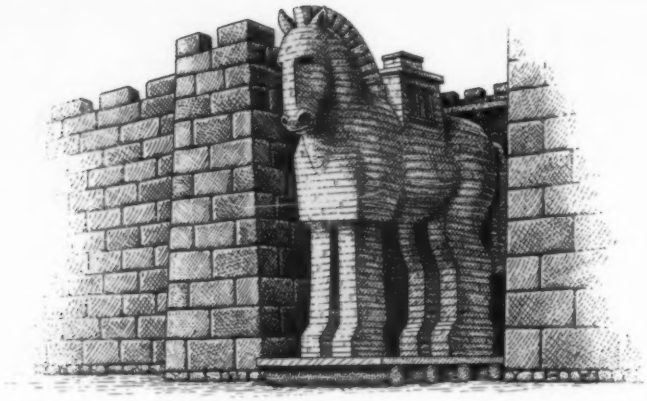

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Natural and holistic practitioners strive to treat the whole person. You'll find them listed here under the following categories:

ACUPUNCTURE: In oriental medicine's philosophy, health depends on the balance and flow of energy, or *chi*, which circulates in and around the body. Disease is seen as an imbalance in this circulation. In acupuncture, fine needles are inserted at specific points to stimulate, disperse, and regulate the flow of chi and restore a healthy energy balance. Often used in the United States for pain relief, acupuncture is also used to improve well-being and treat acute, chronic, and degenerative conditions in children and adults. (See page 27.)

ANTHROPOSOPHIC MEDICINE: Developed by philosopher and mystic Rudolph Steiner (1861–1925), this medical system takes into account the spiritual and physical components of illness. A treatment regime may include herbal and homeopathic medicines as well as dietary recommendations, art therapy, movement therapy, massage, and specially prepared baths. (See page 32.)

AROMATHERAPY: Aromatherapy uses "essential oils" (the volatile oils distilled from plants) to treat emotional disorders such as stress as well as a wide range of other diseases. Oils are massaged into the skin, inhaled, or, on the advice of a medical doctor, taken internally. Long established as an adjunct to massage in England and a part of standard medical treatment in France, in the United States aromatherapy is often used in conjunction with massage therapy, acupuncture,

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reflexology, herbology, chiropractic, and other holistic treatments. (See page 32.)

AYURVEDIC MEDICINE: Practiced in India for over 5,000 years, ayurvedic tradition holds that health is a state of "balance" among the body's systems—physical, emotional, and spiritual. Illness is seen as a state of imbalance, detected through such diagnostic procedures as reading the pulse and observation of the tongue. Nutrition counseling, massage, natural medications, meditation, and other modalities are used to address a broad spectrum of ailments, from allergies to AIDS. (See page 32.)

CHELATION THERAPY: Typically administered in an M.D.'s office, chelation therapy is a series of intravenous injections of the synthetic amino acid EDTA, designed to detoxify the body. Because chelation has been shown to remove calcium deposits from arterial walls, it is often used to treat arteriosclerosis, or "hardening of the arteries." (See page 33.)

CHINESE (ORIENTAL) MEDICINE: Oriental medical practitioners are trained to use a variety of ancient and modern therapeutic methods, including acupuncture, herbal medicine, massage and manipulation, moxibustion (heat therapy), and nutritional and lifestyle counseling to treat a broad range of both chronic and acute illnesses. (See page 33.)

PRESCRIPTIONS FROM A FORMER PATIENT

BY EVY MCDONALD

AT SOME TIME IN YOUR LIFE YOU are likely to experience an illness. When illness crosses your life path, don't panic. I learned a great deal through my own journey from death's door to dynamic wellness. Here are some "prescriptions" that emerged:

• Don't get caught in the tangling web of why. The search for the explanation and meaning of your illness can lead to frustration and desperation and can paralyze your ability to make decisions and to take action.

• Treat the critical symptoms first: Look for insights later. Use whatever treatment is most appropriate for you and is in line with your own integrity—be it surgery or visualization or antibiotics. No one treatment is more "holistic" than another. Choose what works for you.

• Release all expectations of how it will turn out. Your body may heal completely—or not at all. You may find that a wheelchair, crutches, cane, or walker becomes an integral part of your daily life. That does not determine whether or not you live in a state of wellness.

• Let go of guilt and look inside. Getting ill is not a failure. Illness has a message that we need to understand and listen to—when the time is right. Your task is not to kill the messenger of illness by ignoring it, complaining about it, or simply suppressing the symptoms. *Your* task is to carefully examine your life, observing and searching for those discordant areas where harmony, fulfillment, or love are lacking. Which parts of your life are less than fulfilling? See yourself as clearly as you can—see who and what you are and how you are, in reality, living your life.

• List those aspects of your life that you are willing to change. Look at your job—is it stressful? What about your relationships? Are you willing to make changes in these areas? Remember, it is all right to say no—to decide not to change. The key is in being honest and not feeling guilty.

After (and only after) these steps comes the time to take action. Remember the preceding points—then act. This is the moment to begin, to stop sitting back and waiting for something to happen. You are the only one who can create a state of health and dynamic wellness.

Evy McDonald, R.N., M.S., a former intensive and coronary care director, currently conducts a medical research project on the mind-body-spirit connection. She has been in remission from a "terminal" illness for nine years. Reprinted from a brochure available from the American Holistic Medical Association ,4101 Lake Boone Trail, Ste. 201, Raleigh NC 27607; (919) 787-5146.

CHIROPRACTIC: The chiropractic system is based on the premise that the spine is literally the backbone of human health: Misalignments of the vertebrae caused by poor posture or trauma result in pressure on the spinal cord, which may lead to diminished function and illness. The job of chiropractic doctors, or D.C.s, is to analyze and correct these misalignments through spinal manipulation or adjustment. Some chiropractors may incorporate complementary therapies such as oriental medicine into their practices. (See page 33.)

NETWORK CHIROPRACTIC: Network chiropractic is a form of chiropractic that views the spine as a powerful "switchboard of consciousness." Using a variety of major chiropractic techniques, Network chiopractic holds—based on a premise of the founder of chiropractic—that spinal adjustment can serve to unify the physical, emotional,and mental body with a universal intelligence or consciousness. (See page 38.)

COLON THERAPY: Also termed colon irrigation, colon hydrotherapy, or simply colonics, colon therapy involves the cleansing of the large intestine with warm purified water. A single colonic treatment is said to be equivalent to several enemas in removing toxic debris from the colon. Colon hydrotherapy is often performed in concert with other treatments including massage, cleansing fasts, and food-combining diets. (See page 41.)

CRANIOSACRAL THERAPY: Craniosacral therapy is a manual therapeutic procedure that treats distortions in the structure and function of the craniosacral mechanism—the brain and spinal cord, the bones of the skull, the sacrum, and interconnected membranes. It can be used to relieve chronic pain, migraine headaches, TMJ, and a range of other conditions. The technique is performed by dentists, chiropractors, osteopaths, and all types of licensed therapists, including massage- and physical therapists, nurses etc. (See page 42.)

HEALTH CENTERS: The inpatient and outpatient settings found in the listings that follow offer a variety of alternative and allopathic therapies to encourage wellness and treat disease. (See page 42.)

HERBALISM: An ancient form of healing still widely used in much of the world, herbalism uses natural plants or plant-based substances to treat a range of

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STOCKING YOUR HERBAL MEDICINE CHEST

HERBAL REMEDIES CAN BE A SIMPLE, natural way to treat your family's everyday complaints—from colds to stomach aches. Here, Richard Grossman, author of *The Natural Family Doctor,* describes the herbs he keeps on hand to stock his own home herbal medicine chest. Grossman's experience with herbs goes beyond just his own use: As director of the Health in Medicine Project at Montefiore Hospital in the Bronx, Grossman teaches medical residents how to use traditional healing systems such as herbalism, homeopathy, and acupuncture, and supervises walk-in clinics in which alternative therapies are regularly prescribed in conjunction with conventional medical treatments.

Although herbs can be used in a number of forms, Grossman generally prefers to make them into teas. He recommends a standard dose of one ounce of dried herb per cup of water. Steep the herbs in boiling water for five to six minutes in a porcelain, glass, ceramic, or enamel pot and then strain the herbs out. It's best to avoid metal pots since they may weaken the herb's active ingredients. Grossman recommends drinking a cup of tea at the onset of symptoms and repeating the dose up to three times a day if the symptoms persist.

To retain their freshness, herbs should be stored in airtight glass jars in a dark closet. If herbs have lost their scent and color or smell musty, you should replace them.

Chamomile: for nervous tension and poor digestion. One of the nation's best-selling herbs and a mainstay of folk medicine, soothing chamomile tea is particularly helpful for upset stomachs, gas, poor digestion, and menstrual tension.

Coltsfoot: for coughs. Grossman suggests keeping this herb on hand to treat any kind of cough. Grossman also recommends this tea for people with sinus troubles who have coughs related to post-nasal drip. For tougher coughs, coltsfoot can be used in combination with stimulating respiratory herbs such as horehound or hyssop.

Echinacea: for colds and minor infections. This herb, which served as the primary medicine for the Plains Indians, is widely touted as a natural antibiotic and immune-enhancer. Slightly bitter as a tea, it can also be taken in capsule form.

Some herbalists recommend taking echinacea regularly to build immunity, but warn that it loses its efficacy when taken continually: They believe it's better to take it for two weeks on and two weeks off.

Garlic: for enhancing the immune system. Both Grossman and his wife take garlic as a regular preventative measure for viral and bacterial infections. Aged, pressed garlic, available in capsule form, has the advantage of being odorless. Grossman takes three capsules a day; "more if I have an infection." Or garlic can be ingested raw: "My wife often eats four raw cloves a day with no complaints about the odor. She just chops it up, pops it in, and drinks a glass of water," he says.

Peppermint: for digestive problems. This very pleasant tea is good for soothing the stomach and stopping vomiting.

Burdock ointment: for minor burns.

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Burdock can be purchased in ointment form. The herb is particularly useful for minor burns, cuts, or other traumas to the skin. For a more general topical complaint like sunburn, Grossman recommends applying aloe or an ordinary black (nonherbal) tea.

Some people consider burdock an excellent blood purifier and drink it in tea form for acne or other skin problems.

Eyebright (euphrasia) eyewash: for inflamed and tired eyes. To heal sties, eye irritation, and conjunctivitis, Grossman suggests using an eyewash made from eyebright tea. Carefully filter it through paper towels or a coffee filter, let it cool, put it in a stoppered bottle, and store it in a cool dry place.

Myrrh and cayenne mouthwash: for gum infections. Grossman recommends rinsing with a mouthwash made by putting a half-teaspoon of myrrh and a dab of cayenne powder in a three-ounce cup, filling with water, and rinsing. Some people also use myrrh for bad breath and stomach ulcers.

—Jennifer King

illnesses and to enhance the functioning of the body's systems. Though herbalism is not a licensed professional modality in the United States, herbs are "prescribed" by a range of practitioners, from holistic M.D.s to acupuncturists to naturopaths. (See page 43.)

HOLISTIC DENTISTRY: Holistic dentists are licensed dentists who bring an interdisciplinary approach to their practice, often incorporating such methods as homeopathy, nutrition, and acupuncture into their treatment plans. Most holistic dentists emphasize wellness and preventative care while avoiding (and often recommending the removal of) silver-mercury fillings. (See page 45.)

HOLISTIC MEDICINE: Holistic medicine is a broadly descriptive term for a healing philosophy that views a patient as a whole person, not just as a disease or as a collection of symptoms. In the course of treatment, holistic medical practitioners may address a client's emotional and spiritual dimensions, as well as the nutritional, environmental, and lifestyle factors that may contribute to an illness. Most holistic medical practitioners combine conventional forms of treatment (such as medication and surgery) with natural or alternative treatments where appropriate. (See page 45.)

HOLISTIC NURSING: More a philosophy than a series of practices, holistic nursing is a "lifestyle of conscious action" embraced by registered or licensed nurses that emphasizes care for the body, mind, and spirit of the patient. Some holistic nurses work in independent practices, offering primary and chronic care that incorporates a variety of alternative methods, from homeopathy to therapeutic touch. (See page 50.)

HOLISTIC THERAPY: The practitioners listed here offer a range of treatments and services for healing both body and mind. (See page 51.)

HOLISTIC VETERINARY MEDICINE: Practitioners of holistic veterinary medicine are typically licensed D.V.M.s who incorporate both conventional and holistic modalities in serving the well-being of their animal patients. Alternative treatments can include homeopathy, acupuncture, chiropractic and mas-

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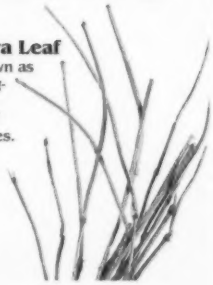

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sage, clinical nutrition, herbal medicine, aromatherapy, and more. (See page 52.)

HOLISTIC VISION THERAPIES: Holistic vision therapies maintain that through exercise and relaxation techniques, vision may actually be improved to the point that glasses may no longer be needed. Therapies are typically offered by licensed optometrists and opthalmologists: Patients range from toddlers whose eyes cross to retired adults whose visual fatigue interferes with reading or hobbies. (See page 52.)

HOMEOPATHY: Homeopathy is a medical system that uses infinitesimal doses of natural substances—called remedies—to stimulate a person's immune and defense system. A remedy is individually chosen for a sick person based on its capacity to cause, if given in overdose, similar physical and psychological symptoms to those that a patient is experiencing. Common conditions homeopathy addresses are infant and childhood diseases, infections, fatigue, allergies, and chronic illnesses such as arthritis. (See page 52.)

IRIDOLOGY: Iridology is a diagnostic system that holds that the eyes are windows to a person's overall health. The system is based on the premise that every organ has a corresponding location within the iris of the eye, which can serve as an indicator of the individual organ's health or disease. Iridology is used by naturopaths and other practitioners, particularly when diagnosis achieved through standard methods is unclear. (See page 55.)

MACROBIOTIC COUNSELING: Macrobiotic counselors provide individually tailored education on the dietary causes and effects of health and disease. Counselors can assist people in making the transition to a low-fat, high-fiber "macrobiotic" diet of whole grains, vegetables, sea vegetables, and seeds. A diet of these natural foods, cooked in accordance with macrobiotic principles designed to synchronize our eating habits with the cycles of nature, is used to promote health and minimize disease. (See page 55.)

MIDWIFERY: Midwives provide education and support during pregnancy and assist the mother during labor and delivery and follow-up care. Midwives can attend home births or practice in birthing clinics in hospitals. Some midwives are also licensed to provide "well-women" gynecological care, including screening tests and birth control. Backgrounds of

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midwives can range from lay-midwives, trained through apprenticeships, to certified nurse midwives—registered nurses who have completed one to two years' extra training in an accredited midwifery program. Some naturopathic doctors and M.D.s specializing in OB/GYN are also listed under this heading. (See page 55.)

MISCELLANEOUS NATURAL AND HOLISTIC HEALING: The practitioners listed under this category offer a wide range of holistic services. Among the offerings are addiction therapy, manual lymph drainage, rehabilitation services, and more. (See page 55.)

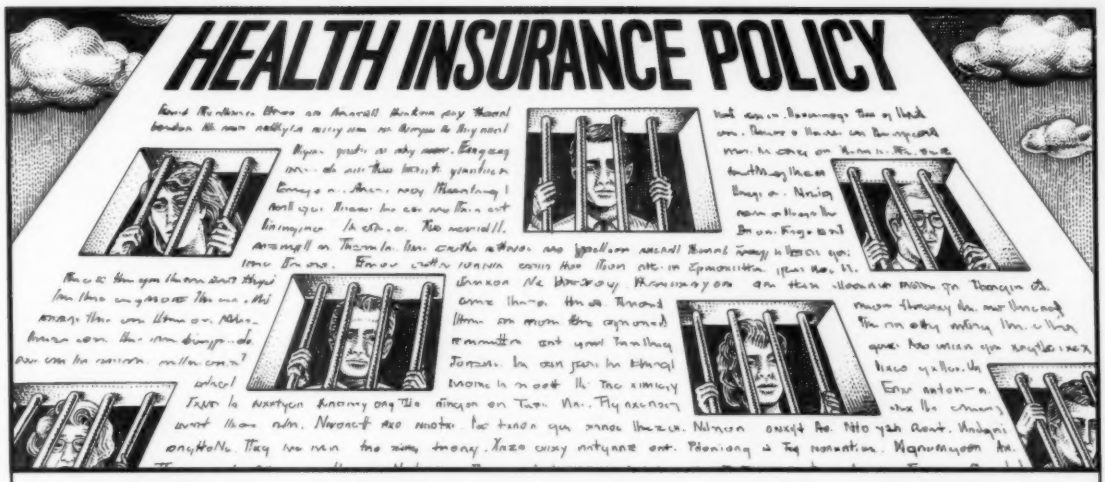
NATUROPATHIC MEDICINE: Naturopathic medicine is a primary health care system emphasizing the curative power of nature, which treats both acute and chronic illnesses in all age groups. Naturopathic physicians work to restore and support the body's own healing ability using a variety of modalities including nutrition, herbal medicine, homeopathic medicine, and oriental medicine. Naturopathic doctors are currently licensed by seven states (AL, AZ, CT, HI, MT, OR, and WA), a process requiring a rigorous educational and internship program. (See page 56.)

NUTRITION: Nutrition and diet can be used to promote wellness and as a primary or adjunct therapy for certain illnesses and conditions, from high blood pressure to diabetes. Nutritionists offer counseling on a broad range of subjects ranging from vitamins and minerals to food allergies to weight loss. (See page 59.)

OSTEOPATHY: Like M.D.s, osteopathic physicians, or "D.O.s," provide comprehensive medical care, including preventative medicine, diagnosis, surgery, prescription medications, and hospital referrals. In diagnosis and treatment, D.O.s pay particular attention to the joints, bones, muscles, and nerves, and are specially trained in osteopathic manipulative treatment—using their hands to diagnose, treat, and prevent illness. D.O.s are licensed to perform surgery and prescribe medication in all fifty states: (See page 62.)

WOMEN'S HOLISTIC HEALTH: This field includes practitioners and clinics offering a range of services addressing women's health concerns, from PMS to infertility. (See page 62.)

continued →



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TO LEARN MORE

For more information on natural and holistic healing methods, please refer to the "Resources" section starting on page 107, or consult the books below:

Alternatives in Healing: An Open-Minded Approach to Finding the Best Treatment for Your Health Problems; by Simon Mills and Steven J.Finando (New American Library, 1988).

Between Heaven and Earth: A Guide to Chinese Medicine; by Harriet Beinfield and Efrem Korngold (Ballantine, 1991).

Everybody's Guide to Homeopathic Medicine: Taking Care of Yourself and Your Family With Safe and Effective Remedies; by Stephen Cummings and Dana Ullman (Jeremy P. Tarcher, 1984).

The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines; by Michael Castleman (Rodale Press, 1991).

Health and Healing: A New Look at Medical Practices—from Folk Remedies to Chemotherapy; by Andrew Weil, M.D.(Houghton Mifflin, 1983).

The Natural Family Doctor: The Comprehensive Self-Help Guide to Health and Natural Medicine; by Andrew Stanway with Richard Grossman (Fireside/Simon & Schuster, Inc., 1987).

The New Holistic Health Handbook: Living Well in the New Age; edited by Shephard Bliss (Stephen Greene Press, 1985).

The Wellness Book: The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness; by Herbert Benson M.D. and Eileen Stuart (Carol Publishing, 1992).

What Your Doctor Won't Tell You: The Complete Guide to the Latest in Alternative Medicine; by Jane Heimlich, (HarperCollins, 1990).

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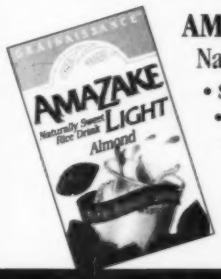

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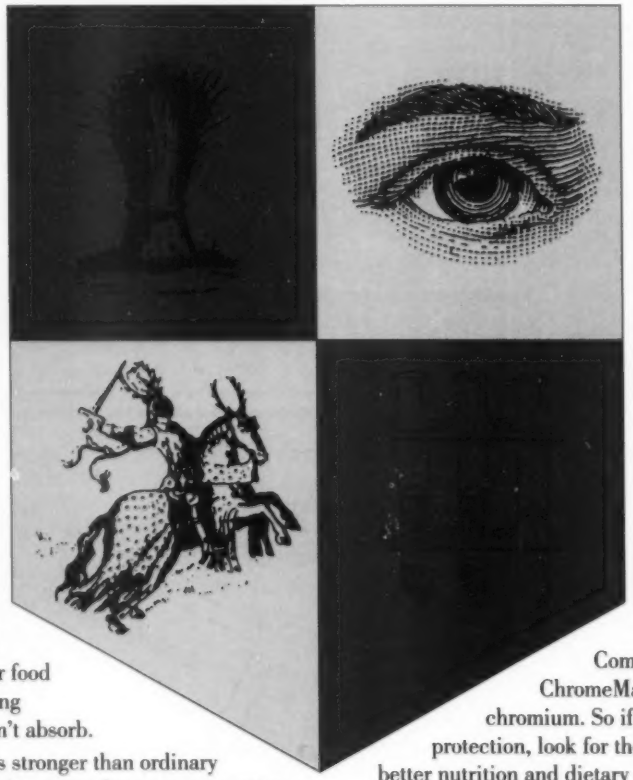

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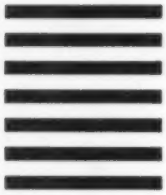

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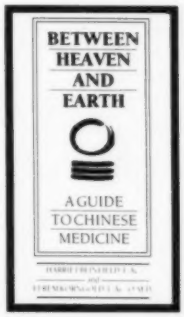

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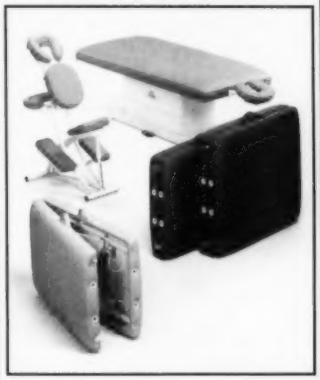

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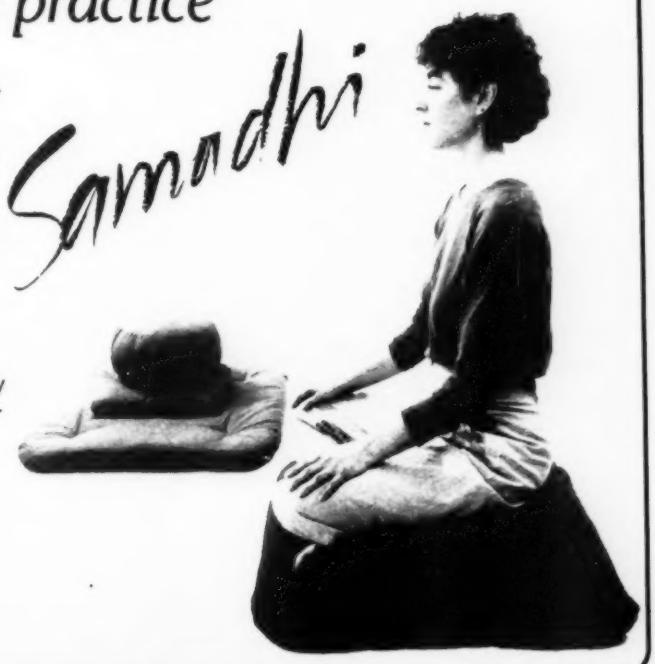

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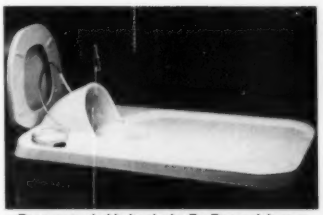

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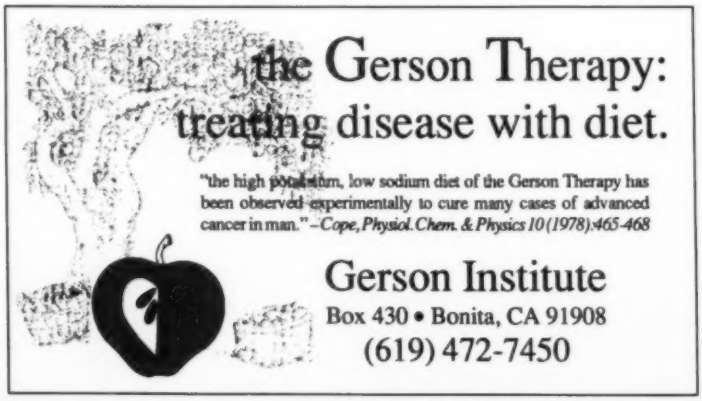

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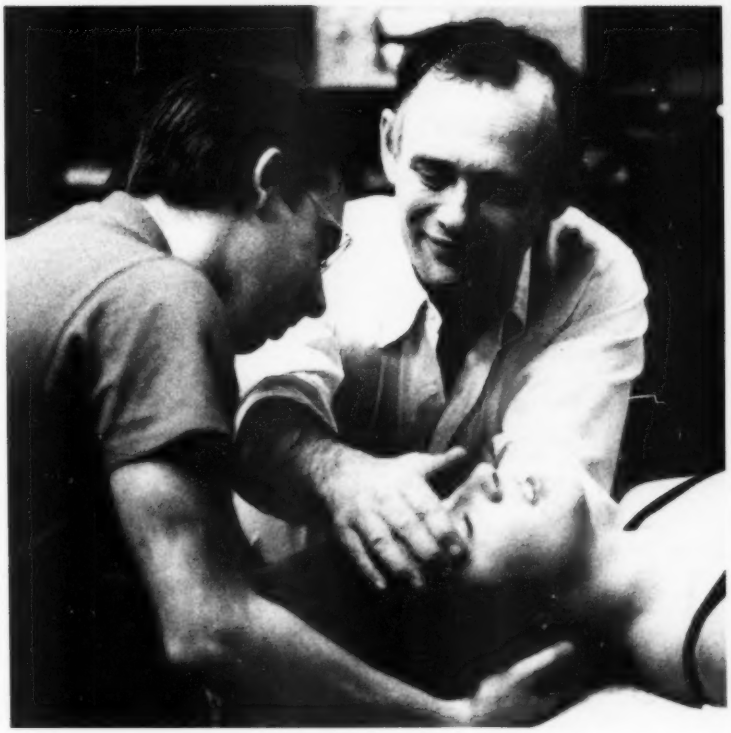

Practitioners listed here draw from a range of hands-on healing and movement methods. You'll find them under the following categories:

ACUPRESSURE: Based on the principles of acupuncture, practitioners of this ancient Chinese technique use finger pressure (rather than needles) on specific points along the body to treat tension and stress, aches and pains, menstrual cramps, or arthritis. The system is also used for general preventative health care, fighting colds, improving muscle tone, or boosting energy level. (See page 70.)

ALEXANDER TECHNIQUE: The Alexander Technique was developed by actor F. Matthias Alexander, who created the method after concluding that bad posture was responsible for his own chronic voice loss. Practitioners teach simple, efficient movements designed to improve balance, posture, and coordination, and relieve pain. Instructors offer gentle hands-on guidance and verbal instruction to retrain students in the optimal use of their bodies: A session may focus on movements as basic as getting up from a chair properly. The practice is popular with actors and musicians. (See page 70.)

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DANCE/MOVEMENT THERAPY: Dance and/or movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological or emotional healing. Practitioners work with people with physical disabilities, addiction issues, sexual abuse histories, eating disorders, and other concerns. (See page 70.)

DEEP TISSUE BODYWORK: Deep-tissue bodywork is a general term for a range of therapies that work to "unstick" the body's connective tissues and/or muscles to encourage them to function properly again. Among the conditions deep tissue bodywork treats are whiplash, low back and neck pain, and degenerative diseases such as multiple sclerosis. (Examples of deep tissue bodywork include Rolfing and Hellerwork.) (See page 71.)

ENERGY FIELD WORK: Practitioners of this range of therapies look for weaknesses in the person's "energy field" in and around the body and seek to restore its proper circulation and balance. Energy channeled through the practitioner is directed to strengthen the body's natural defenses and help the person's physical, mental, emotional, and/or spiritual state. Sessions may or may not involve the physical laying on of hands: Visualization and discussion may also be used as part of therapy. (See page 71.)

FELDENKRAIS: The Feldenkrais method combines movement training, gentle touch, and verbal dialogue to help people create freer, more efficient movement. Feldenkrais takes two forms: In individual hands-on sessions ("Functional Integration"), the practitioner's touch is used to improve the subject's breathing and body alignment; and in a series of classes of slow, nonaerobic motions ("Awareness Through Movement"), subjects "relearn" the proper ways their bodies should move. The method is frequently used to help reduce stress and tension, to alleviate chronic pain, and to help athletes and others improve their balance and coordination. (See page 71.)

HELLERWORK: Developed by former aerospace engineer (and one-time Rolf Institute president) Joseph Heller, this technique combines deep-tissue muscle therapy and movement reeducation with dialogue about the emotional issues that may underlie a physical posture. (For example, feelings of insecurity may manifest themselves in stooped shoulders.) Participants go through eleven sixty- to ninety-minute sessions: The first session, "Inspiration," addresses the rib cage area and focuses on breathing. Stressing the mind-body connection, Hellerwork is used to treat chronic pain or to help "well" people learn to live more comfortably in their bodies. (See page 73.).

INFANT MASSAGE: Taught to new parents by trained instructors, infant massage practices are designed to enhance the bonding between parent and baby. As preventative therapy, infant massage can help strengthen and regulate a baby's respiratory, circulatory, and gastrointestinal functions, often relieving gas and colic, while relaxing both parent and child. (See page 73.)

JIN SHIN JYUTSU: Jin Shin Jyutsu is an oriental system intended to harmonize the flow of energy through the body. The system holds that tension, fatigue, or illness can trap energy in the body's twenty-six "safety energy locks": Practitioners use their hands to restore balance and reduce stress. Jin Shin Jyutsu is not a form of massage, however, as it does not involve physical manipulation of the muscles. (See page 73.)

KINESIOLOGY: Kinesiology is a diagnostic system based on the premise that individual muscle functions can be used to provide information about a patient's overall health. Practitioners test the strength and mobility of certain muscles, analyze a patient's posture and gait,

SELF-HELP FOR HEADACHES

THERE ARE ALL KINDS OF SIMPLE MASSAGE TECHNIQUES YOU CAN USE AT HOME to relieve common complaints—from backaches to PMS. The tips below come from *Hand's on Healing* (Rodale Press, 1989), an excellent source for both general information on the various forms of bodywork practiced by professional therapists, as well as for self-help suggestions such as these.

TENSION TAMER

1 Place the fingertips of both hands on either side of the spine just under your skull. Keep the fingers straight and point the elbows up, applying pressure to the neck muscles through the balls of the fingertips.

2 Stroke forward with the pressure going deep into the muscle. Exhale and let your head fall back into your fingers as the elbows descend, pulling the hands forward. Separate the individual muscle fibers with your fingers as the hands glide forward.

3 Travel the length of the neck all the way down and out along the top border of the shoulder blade. Repeat as needed.

DIGESTIVE HEADACHE HELPER

Digestive headaches are the kind that settle in right behind the eyes.

1 Take the right hand and find the sensitive spot located in the webbing between the thumb and the index finger. Pressure on this spot should produce a sharp twinge.

2 Breathe in deeply and exhale. As you begin to exhale, gentle squeeze the tender spot. Hold as you breathe and exhale again. Apply slightly more pressure during this exhalation. Hold and repeat the procedure one final time.

3 If the headache lingers, repeat the procedure one or two more times.

BRUSH YOUR HEADACHE AWAY

This technique should be used daily to improve circulation in the arteries, veins, and muscles of the scalp. Poor circulation is the cause of many headaches:

1 Use a good hairbrush or bath brush with fairly stiff, rounded-tip natural bristles. Start at the temples, just above the eyebrows, and brush in circles, gradually moving toward the back of your head.

2 After you've finished with the sides of your head, start at the top, just left of center. Again, brush in small circles, moving toward the rear and then down the back of your head. Repeat, beginning at the right of center.

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and inquire about lifestyle factors that may be contributing to an illness. Nutrition, muscle and joint manipulation, diet, and exercise may then be used as part of a treatment plan. Kinesiology is used by professionals licensed to diagnose, such as chiropractors, dentists, medical doctors, and osteopaths. (See page 73.)

MASSAGE THERAPY: This is a general term for a range of therapeutic approaches with roots in both Eastern and Western cultures. It involves the practice of kneading or otherwise manipulating a person's muscles and other soft tissue with the intent of improving a person's well-being or health. (See page 74.)

MISCELLANEOUS BODYWORK/ ENERGY HEALING: Practitioners in this category offer a wide range of massage, bodywork, and energy healing practices. Some practitioners listed may also use nutritional counseling, homeopathy, meditation, and other complementary approaches as part of their practice. (See page 79.)

MUSCULAR THERAPY: This general term incorporates a range of bodywork methods and practices that have a therapeutic (not simply relaxing) intent. Practitioners stress client education and follow-up. Among the conditions muscular therapy addresses are chronic back pain, headaches, tension, and emotional illnesses. (See page 81.)

NEUROMUSCULAR THERAPY: Neuromuscular therapy emphasizes the role of the brain, spine, and nerves in muscular pain. One goal of the therapy is to relieve tender congested spots in muscle tissue and compressed nerves that may radiate pain to other areas of the body. (See page 82.)

OHASHIATSU: Ohashiatsu is a system of physical techniques, exercise, and meditation used to relieve tension and fatigue and induce a state of harmony and peace. The practitioner first assesses a person's state by feeling the *hara* (the area below the navel). Then, using continuous and flowing movements, the practitioner presses and stresses the body's energy channels, working in unison with the person's breathing. (See page 83.)

ORTHO-BIONOMY: Developed by a British osteopath, Ortho-Bionomy involves the use of a noninvasive, gentle touch along with dialogue and instruction in common movements such as walking, sitting, standing, and reaching. Practitioners may also sometimes work with the energy field surrounding the person. The goal of the work is the student's enhanced well-being and empowerment—rather than physical healing, per se. (See page 83.)

PHOENIX RISING YOGA THERAPY: Phoenix Rising is a specific type of yoga therapy based on the theory that unresolved emotional experiences are stored in the body and hidden from conscious awareness, thus inhibiting the body's natural freedom. A therapy session combines yoga posture instruction with dialogue techniques to facilitate deep release of both physical and emotional tension. (See page 83.)

PHYSICAL THERAPY: Physical therapy is concerned with health promotion, prevention, and assisting individuals to recover from disabling conditions such as a bone fracture or stroke. Therapists use massage, exercise, electrical stimulation, ultrasound, and other methods to help the patient regain functional movement.

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While traditionally individuals have been referred to a physical therapist by a physician, in many states today a patient can go directly to a physical therapist without such a referral. Many physical therapists today also provide education and consultation in areas such as wellness, stress management, and occupational injuries, such as computer-related repetitive motion injury. (See page 84.)

POLARITY: Polarity is a system that holds that energy fields and currents exist throughout nature and that the flow and balance of this energy in the human body is the underlying foundation of health. In a polarity session, the practitioner may use bodywork and guidance in diet, exercise, and lifestyle to help balance this energy, release blocked energy, and support healing. Among the conditions polarity can be used for are back and neck pain, stress and fatigue, and menstrual pain. (See page 84.)

REFLEXOLOGY: Reflexology is a system that holds that specific points on the feet and hands correspond with organs and tissues throughout the body. With fingers and thumbs, the practitioner applies pressure to these points to treat a wide range of stress-related illnesses and ailments. (See page 84.)

REIKI: Practitioners of this ancient Tibetan healing system use light hand placements to channel healing energies to the recipient. While practitioners may vary widely in technique and philosophy , Reiki can be used commonly to treat emotional and mental distress, and chronic and acute physical problems, and to assist the recipient in achieving spiritual focus and clarity. (See page 85.)

ROLFING: Developed by biochemist Ida P. Rolf, this technique uses deep manipulation of the fascia (connective tissue) to restore the body's natural alignment, which may have become rigid through injury, emotional trauma, and inefficient movement habits. The process involves ten sessions, each focusing on a different part of the body. Rolf practitioners are certified through the Rolf Institute in Boulder, Colorado. (See page 86.)

ROSEN METHOD: Developed by former physical therapist Marion Rosen, the Rosen Method combines gentle touch and verbal communication to evoke relaxation and self-awareness. Because the work can bring up buried feelings and memories, it is used as a tool

for personal growth as well as pain relief. (See page 87.)

SHIATSU: The most widely known form of acupressure, shiatsu has been used in Japan for more than 1,000 years to treat pain and illness and for general health maintenance. Using a series of techniques, practitioners apply rhythmic finger pressure at specific points on the body in order to stimulate *chi*, or vital energy. (See page 88.)

STRUCTURAL INTEGRATION: A systematic approach to relieving patterns of stress and impaired functioning, structural integration seeks to correct misalignments in the body created by gravity and physical and psychological trauma. As in Rolfing, in ten sessions the practitioner uses hands, arms, and elbows to apply pressure to the fascia, or connective, tissue, while the client participates through directed breathing. (See page 88.)

SWEDISH MASSAGE: The most commonly practiced form of massage in Western countries, Swedish massage integrates ancient oriental techniques with modern principles of anatomy and physiology. Practitioners rub, knead, pummel, brush, and tap the muscles. The reported physiological effects—ranging from relief of back spasms to relief of sleep disorders—have been traced to improved circulation and release of endorphins, the hormones known as the body's natural painkillers. Swedish massage is widely practiced; thus, practitioners will range greatly in training, technique, and length of session. (See page 88.)

T'AI CHI: T'ai chi is a martial arts practice based on a series of gentle exercises designed to unite body and mind. The practice's slow, flowing movements are used to enhance the flow of energy through the body while improving muscle tone and inducing relaxation. Primarily used to encourage general good health, t'ai chi has also been used as part of treatment for back problems, ulcers, and stress. (See page 89.)

THERAPEUTIC TOUCH: Popularized by nursing professor Dolores Kreiger, therapeutic touch is practiced by registered nurses and others to relieve pain and stress. The practice is based on the premise that the human body is an open system of energies that are in constant flux and that illness is caused by a deficit or an imbalance of these energies. The Therapeutic Touch practitioner "assesses" where the person's field is weak or congested, and then uses his or her hands to direct energy into the field to balance it. (See page 89.)

TOUCH FOR HEALTH: A self-help technique taught by instructors, Touch For Health is a system of balancing the body's energy by applying gentle pressure to contracted muscles and other points along the body. Regular balancing is used to improve overall health and strengthen resistance to common ailments and physical complaints. (See page 90.)

TRAGER: Developed by Milton Trager, M.D., this body-awareness approach uses rocking and shaking to loosen the joints and ease movement. During a session, the practitioner cradles and moves the client's stiff limbs to retrain the body's old patterns of movement and prevent problems from recurring. The Trager approach is used by athletes for performance enhancement, and by people with musculoskeletal problems, back problems, and more. (See page 90.)

TRIGGER POINT/MYOTHERAPY: Practitioners of this technique apply pressure to specific points on the body to relieve tension. Trigger points are tender, congested spots on muscle tissue that may radiate pain to other areas. Though the technique is similar to shiatsu or acupressure, this therapy uses Western anatomy and physiology as its basis. (See page 91.)

YOGA INSTRUCTION: Yoga instruction is a general term for a range of body-mind exercise practices used to access consciousness and encourage physical and mental well-being. Some forms concentrate on achieving perfection in posture and alignment of the physical body; others aim at mental control to access higher consciousness. Between these two forms are yogas that focus on the interrelationship of body, mind, and energy. (See page 91.)

YOGA THERAPY: Yoga therapy is an emerging field of practices that use yoga to address mental and physical problems while integrating body and mind. Practitioners work one-on-one or in group settings, assisting clients with yoga postures, sometimes combined with therapeutic verbal dialogue. (See page 92.)

TO LEARN MORE

For more information on bodywork and energy healing methods, please see the "Resources" section starting on page 107.

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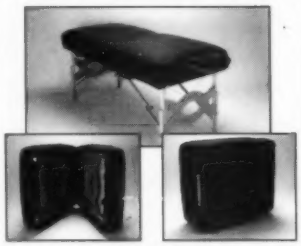

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The counselors listed here can offer help for both mind and body. You'll find them under the following categories:

ASTROLOGY/NUMEROLOGY: Astrology is the study of the positions of the planets in the solar system and their possible influence on human affairs; numerology is a system of divination that emphasizes the significance of numbers derived from the spelling of names, birth dates, and other significant references. Based on one or both of these sources of information, a counselor can work with a client to provide individualized insights into emotional, professional, and health matters, or—as part of the psychotherapy process—gain insights into the personality. (See page 97.)

BIOENERGETICS: Bioenergetics holds that repressed emotions and desires affect the body and psyche by creating chronic muscular tension and diminished vitality and energy. Through physical exercises, breathing techniques, verbal psychotherapy, or other forms of emotional-release work, the therapist attempts to loosen this "character armor" and restore natural well-being. (See page 97.)

BIOFEEDBACK: A technique used especially for stress-related conditions such as asthma, migraines, insomnia, and high blood pressure, biofeedback is a way of monitoring minute metabolic changes in one's own body (i.e., temperature changes, heart rate, and muscle tension) with the aid of sensitive machines. By consciously visualizing, relaxing, or imagining while observing light, sound, or metered feedback, the client learns to make subtle adjustments to move toward a more balanced internal state. (See page 97.)

BODY-CENTERED/BODY-ORIENTED PSYCHOTHERAPY: Body-centered and body-oriented psychotherapy are two different types of therapy that share the belief that emotional issues and trauma are experienced through the body. The types differ in the emphasis placed on the body's role in the therapeutic process: Body-centered psychotherapy uses physical sensations as a reference point in exploring issues (i.e., a divorce may be felt as a knot in the stomach);

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while body-oriented psychotherapy focuses on breaking down a person's "character armor" (the chronic tensions life experience can create in the body) through role playing, movement, and bodywork. (See page 97.)

BODY-MIND COUNSELING: This is a general term for a range of practices that combine bodywork with some form of verbal dialogue. *Counseling* can suggest a less formally systematic approach than the term *psychotherapy*, and can also encompass advice about diet or lifestyle issues. (See page 98.)

FOCUSING: Focusing is a self-help tool based on the premise that information about one's life issues can be accessed through the physical body. When one feels a sense of discomfort or unease about an issue, for example, Focusing on these "felt senses" can be used for greater understanding and to reach resolution. This skill can be used alone or in partnership with someone else for resolving day-to-day issues (such as decision-making), negotiating profound changes (such as recovery from abuse), enhancing creativity, and fostering spiritual development. (See page 98.)

HOLISTIC COUNSELING AND PSYCHOTHERAPY: This broad category encompasses a range of practitioners, from those such as career counselors who offer advice and information to psychotherapists who treat depression, stress, addiction, and emotional issues. Formats can vary from individual counseling to group therapy. In addition to verbal counseling techniques, some holistic therapists may use bodywork, ritual, energy healing, and other alternative modalities as part of their practice. (See page 99.)

HOLISTIC PSYCHIATRY: As with all psychiatrists, holistic psychiatrists are trained in medical school in the diagnosis and treatment of mental illnesses. Psychiatrists who consider themselves "holistic" may also draw from a wide range of complementary modalities, including nutrition, homeopathy, energy healing, bodywork, and biofeedback. (See page 103.)

HYPNOTHERAPY: The term *hypnotherapy* refers to a range of techniques that allow practitioners to bypass the conscious mind and access the subconscious, where suppressed memories, repressed emotions, and forgotten events may remain recorded. Hypnosis may facilitate behavioral, emotional, or attitudinal change: Often used to help people lose

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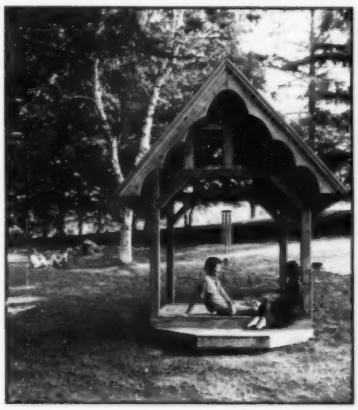

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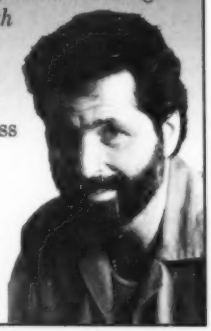

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weight or stop smoking, it's also used in the treatment of phobias, stress, and as an adjunct in the treatment of illnesses. (See page 103.)

MISCELLANEOUS COUNSELING: The practitioners in this section draw from a wide range of techniques to encourage healing and facilitate personal growth. (See page 104.)

REBIRTHING: Also known as conscious-connected breathing (or today by some practitioners as vivation), Rebirthing is a technique in which the therapist guides clients though breathing exercises to help them reexperience past memories—including birth—and to let go of emotional tensions long stored in the body. The result is a sense of well-being, mental clarity, and reduced stress. (See page 105.)

SPIRITUAL HEALING: Practitioners of spiritual healing work on the patient's "spiritual body," sometimes with the assistance of "helpers"—including power animals, angels, inner teachers, the patient's higher self, or other spiritual forces. The practitioner—be it priest, shaman, or soul retriever—does not generally claim to be directly responsible for the healing. Instead, the practitioner views his or her role as a conductor of healing energy or forces from the spiritual realm. Spiritual healing can be used as part of treatment for a wide range of physical and emotional illnesses. (See page 105.)

STRESS MANAGEMENT: Stress management encompasses a range of modalities designed to treat the physical and emotional toll of stress. The approaches used can include bodywork, meditation, counseling, energy work, and education. (See page 105.)

TO LEARN MORE

For more information about counseling and psychotherapy methods, refer to the "Resources" section starting on page 107, or consult the books below:

The Psychotherapy Handbook; Richie Herink, editor (New American Library, 1980).

The Psychotherapy Maze: A Consumer's Guide to Getting in and out of Therapy; by Otto Ehrenberg and Miriam Ehrenberg (Fireside/Simon & Schuster, Inc., 1986).

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The products, organizations, media, and other services that follow share a common goal of promoting healing and encouraging a healthy lifestyle. You will find them listed here under the following categories:

BEAUTY/SKIN CARE: Natural products and treatments for hair, skin, and body. (See page 109.)

EDUCATION/PROFESSIONAL TRAINING: Schools and institutes train practitioners and individuals in a range of health and healing practices, including massage, psychotherapeutic techniques, self-help skills, natural therapies, and more. (See page 109.)

HEALTH SPAS/RETREAT CENTERS: Residential centers and travel opportunities offer a range of workshops, physical fitness programs, and natural therapies for rejuvenation and personal growth. (See page 116.)

INFORMATION/REFERRAL SERVICES: Sources of advice, information, or practitioner referrals for a broad range of holistic therapies and subjects. (See page 118.)

MISCELLANEOUS RESOURCES: Products and services including holistic travel; natural food; natural products and more. (See page 118.)

PROFESSIONAL ASSOCIATIONS: These organizations offer information, education, and practitioner referrals in their specialized holistic health fields. (See page 118.)

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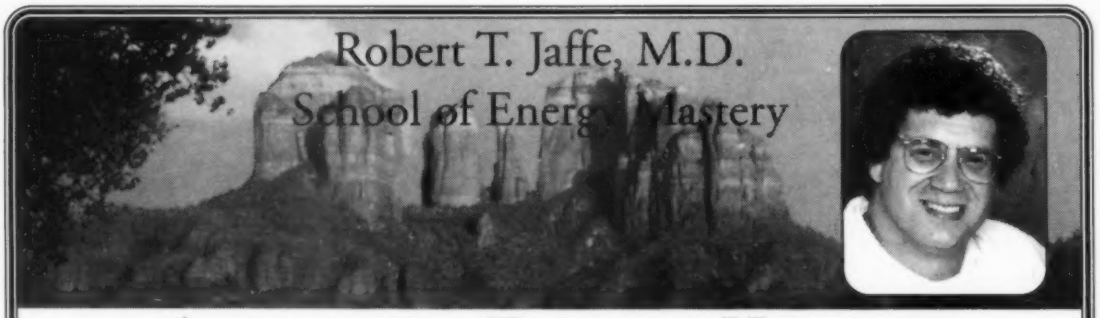

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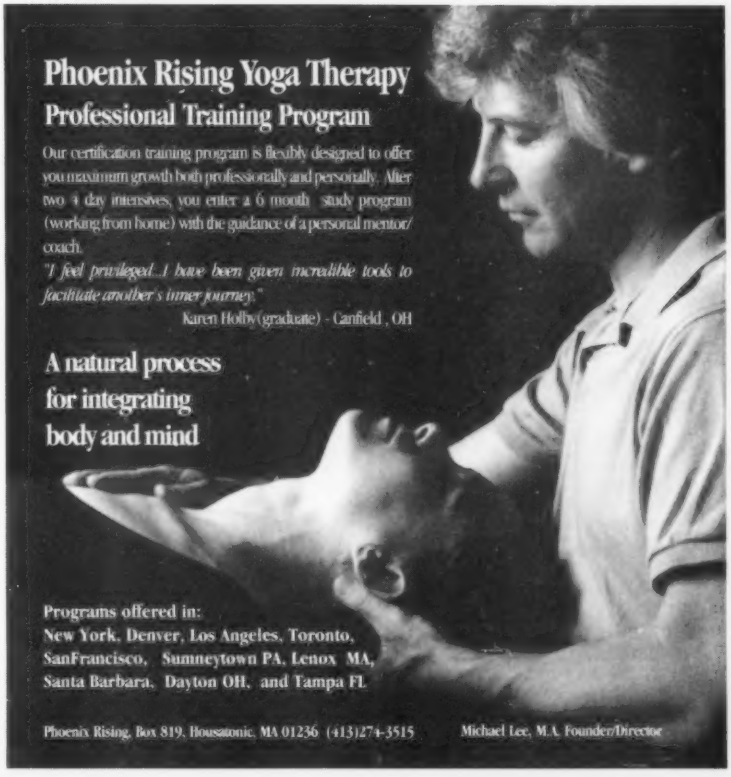

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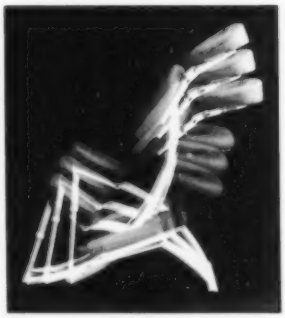

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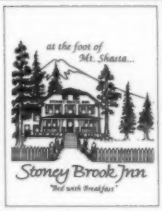

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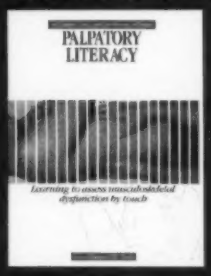

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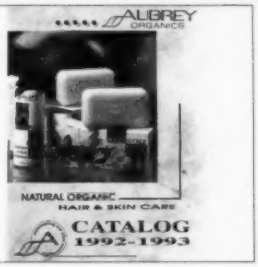

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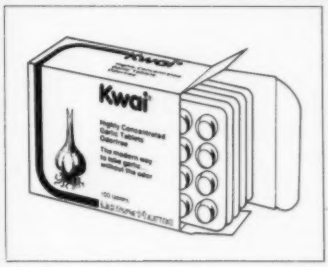

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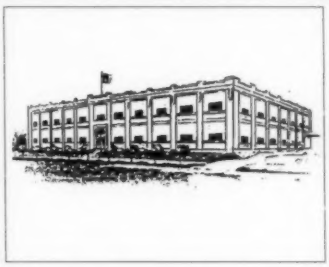

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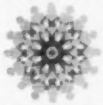

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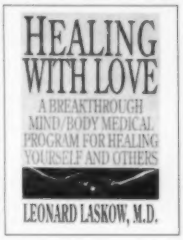

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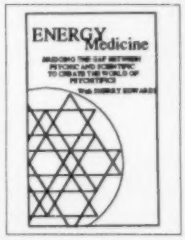

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310. On Course $5

TO ORDER CIRCLE THE NUMBER FOR EACH ITEM YOU WISH TO RECEIVE AND THEN COMPLETE THE ORDER FORM ON THE REVERSE SIDE OF THIS CARD.

HOW TO ORDER

Circle the number for each item you wish to receive and send this form with a check or money order for the total plus $1.50 handling fee in an envelope to:

NEW AGE JOURNAL
PO Box 2522, Boulder, CO 80329-2522

Make checks payable to NEW AGE JOURNAL. **DO NOT SEND CASH!** Please include handling fee even if you order only free items. No other NEW AGE JOURNAL mail, including subscription orders, can be processed at this address. Requests will be honored through **June 30, 1993.** Cards received after their expiration date cannot be processed. *Please allow 4-8 weeks for delivery.*

NAME

ADDRESS

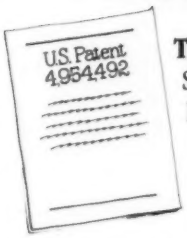
CITY STATE ZIP

Sum of items ordered requiring payment....$_____

Plus $1.50 handling fee .....$_____

Total enclosed .....$_____

The news that you have high cholesterol can be hard to swallow. Dealing with it doesn't have to be.



ChromeMate received the first U.S. patent ever awarded a chromium supplement for use in lowering cholesterol.

The Patented Cholesterol Fighter.™*

Statistics show that 100 million Americans have elevated levels of cholesterol. To lower it, some try mountains of oat bran. Loads of fish oil. Or megadoses of niacin.

Now, sensible people are using products with ChromeMate® as part of their cholesterol-lowering diet. This unique ingredient, made of niacin-bound chromium, is the only form of chromium actually *patented* for lowering cholesterol. In fact, a recent university study showed ChromeMate significantly reduced serum cholesterol and improved cholesterol/HDL ratios.**

The ChromeMate Solution.

Medical research links low chromium levels in the body with high serum cholesterol. Yet the USDA reports that nine out of 10 Americans tested aren't getting adequate dietary chromium—a good reason to choose products with ChromeMate. And since the recommended amount of ChromeMate contains less than 2 milligrams of niacin, it won't cause skin flushing or other side effects common with high levels of niacin.

Look for the Logo.

You'll find ChromeMate in better nutritional and diet supplements. Just check the label. If your cholesterol is high due to poor chromium nutrition, a small amount of ChromeMate can make a big difference in your cholesterol-lowering diet. And that's news you may find easier to swallow.

For more information, call the Chromium Hotline. **1-800-783-INFO.**

*ChromeMate can help reduce serum cholesterol levels in persons whose cholesterol is elevated due to inadequate chromium intake.

**Study involved 34 young adult males. Average reduction in serum cholesterol was 14%; average improvement in cholesterol/HDL ratios was 7%.

U.S. Patent Nos. 4,923,855 and 4,954,492 © InterHealth Company, 1991

CHROMEMATE®
The Patented Cholesterol Fighter™

Lindsay Wagner

for Longevity® Pure Medicine

For my family and myself, homeopathy is the preferred form of treatment for any problems we might have. Now I invite you to experience the homeopathic remedies developed by Longevity Pure Medicine.

I hope you too will discover what I have - homeopathy and Longevity work!

Lindsay Wagner

User Friendly Homeopathy®

Longevity, a world leader in modern homeopathic medicine, offers relief without the side-effects associated with conventional drugs.

At your favorite health center and pharmacy or call 1-800-327-5519 for the location near you

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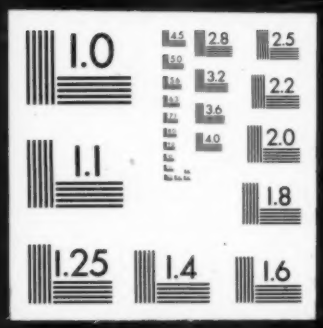
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